

HARMONY HILL CANCER RETREAT – SACRED WATERS CENTER
Cancer Retreat Schedule

DAY 1	DAY 2	DAY 3
10:30-11:30 AM PARTICIPANT ARRIVAL/CHECK-IN	8:00-8:45 AM BREAKFAST Dining Room	8:00-8:45 AM BREAKFAST Dining Room
12:00-1:00 PM LUNCH Dining Room	9:00-11:00 AM SMALL GROUP SHARING CIRCLE Creekside or Gathering room	9:15-11:15 AM SMALL GROUP SHARING CIRCLE Creekside or Gathering room
1:00-2:00 PM WELCOME/ORIENTATION/OPENING CIRCLE Great Hall	11:15-12:00 PM MOVEMENT Great Hall	11:30-12:00 PM SELF-GUIDED MOVEMENT & MEDITATION Great Hall
2:15-3:15 PM JOURNAL ART / COLLAGING Great Hall	12:00-1:00 PM LUNCH Dining Room	12:00-1:00 PM LUNCH Dining Room
3:30-5:30 PM SMALL GROUP SHARING CIRCLE Creekside or Gathering room	1:00 – 1:15 PM LABRYNTH ORIENTATION Dining Room	1:15-2:15 PM SMALL GROUP SHARING CIRCLE Creekside or Gathering room
5:30-6:00 PM REFLECTION & RELAXATION (YOUR TIME)	1:15-3:00 PM REFLECTION & RELAXATION (YOUR TIME)	2:30-3:15 PM CLOSING CIRCLE & GOODBYES Great Hall
6:00 – 7:00 PM DINNER Dining Room	3:00-5:00 PM SMALL GROUP SHARING CIRCLE Divided by Participant & Companion Creekside or Gathering room	
7:15 –7:45 PM GUIDED MEDITATION Great Hall	5:00-6:00 PM REFLECTION & RELAXATION (YOUR TIME)	
7:45-10:00 PM REFLECTION & RELAXATION (YOUR TIME)	6:00-7:00 PM DINNER Dining Room	
10:00 PM Quiet Time	7:30-9:00 PM FUN TIME TOGETHER Great Hall	
	10:00 PM Quiet Time	

Hospitality Phone: 360.249.9949, call or text if you need anything day or night
Wi-Fi Password- Wellness1!

