HARMONY HILL CANCER RETREAT – SACRED WATERS CENTER Cancer Retreat Schedule

10:30-11:30 AM 8:00-8:45 AM 8:00-8:45 AM BREAKFAST Dining Room BREAKFAST Dining Room Dining Room	DAY 1	DAY 2	DAY 3
Dining Room	10:30-11:30 AM	8:00-8:45 AM	8:00-8:45 AM
12:00-1:00 PM	PARTICIPANT ARRIVAL/CHECK-IN	BREAKFAST	BREAKFAST
LUNCH Dining Room 1:00-2:00 PM WELCOME/ORIENTATION/OPENING CIRCLE Great Hall 2:15-3:15 PM JOURNAL ART / COLLAGING Great Hall 3:30-5:30 PM SMALL GROUP SHARING CIRCLE Great Hall 1:00 - 1:15 PM SMALL GROUP SHARING CIRCLE Great Hall 1:00 - 1:00 PM LUNCH Dining Room 1:15-3:15 PM SMALL GROUP SHARING CIRCLE Great Hall 1:00 - 1:00 PM LUNCH Dining Room 1:00 - 1:15 PM SMALL GROUP SHARING CIRCLE Creekside or Gathering room 5:30-6:00 PM REFLECTION & RELAXATION (YOUR TIME) 1:00 - 7:00 PM GUIDED MEDITATION Great Hall 7:45 - 7:45 PM GUIDED MEDITATION Great Hall 7:45 - 10:00 PM REFLECTION & RELAXATION Great Hall 7:45 - 10:00 PM GUIDED MEDITATION Great Hall 7:45 - 10:00 PM REFLECTION & RELAXATION Great Hall FINANCE DINNER DINNER DINNER DINNER DINNER DININGR GROUP SHARING CIRCLE DIVIDED MEDITATION GREAT HALL FINANCE GROUP SHARING CIRCLE DIVIDED MEDITATION GREAT HALL FINANCE GROUP SHARING CIRCLE FINANCE GROUP SHARING CIRCLE DIVIDED MEDITATION GREAT HALL FINANCE GROUP SHARING CIRCLE GREAT HALL FINANCE GROUP SHARING CIRCLE CREEXING CIRCLE CREEXING CIRCLE GREAT HALL GROUP SHARING CIRCLE GR		Dining Room	Dining Room
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Hospitality Phone: 360.249.9949, call or text if you need anything day or night Wi-Fi Password- Wellness1!

