



ALL-INCLUSIVE RETREAT SCHEDULE

Friday

4–5:30 p.m. Arrival and Check-in

6–7 p.m. Dinner

7–8 p.m. Session 1

8–8:15 p.m. Break

8:15–9:30 p.m. Session 2

Saturday

8:15–9 a.m. Breakfast

9–10:30 a.m. Session 3

10:30–11:00 a.m. Break

11:00 a.m. – 12:30 p.m. Session 4

12:30–1:30 p.m. Lunch

1:30–5:30 p.m. Free Time!

5:30–6:30 p.m. Dinner

6:30–7:15 p.m. Session 5

7:15–7:30 p.m. Break

7:30–9 p.m. Session 6

Sunday

8:15–9 a.m. Breakfast

9–11 a.m. Session 7

11–11:15 a.m. End of Retreat (No Lunch provided)