Friday

4:00 Registration
5:30 Dinner
7:00 Welcome & Orientation
7:30 Opening Worship

Saturday

7:00 Sunrise Yoga (Optional)
8:00 Breakfast
9:00 Session 1: Awakening to God's Presence: Contemplative Prayer
10:30 Break
11:00 Group Practice Options (Yoga, Contemplative Prayer, Nature Walking)
12:00 Prayer for Peace
12:15 Lunch
1:30 Cultivating Space: Individual Practice
3:00 Group Practice Options (Yoga/Meditation, Contemplative Prayer, Nature Walking)
4:30 Session Two: An Invitation to Spaciousness
6:00 Dinner
7:30 Contemplative Worship Experience

Sunday

7:00 Sunrise Yoga (Optional)
8:00 Breakfast
9:00 Session Three: A Long, Loving Look at the Real
10:30 Break
11:00 Closing Worship Experience
12:00 Lunch