



MINDFUL LIVING RETREAT

OCTOBER 27TH – OCTOBER 29TH,
LAKE HURON RETREAT CENTER

DETAILED ITINERARY**

Friday, October 27th, 2017

- 5:30 – 7:00 p.m. Check in – Free Time
7:30 – 8:30 p.m. Meet in the Ragland Hall – Main Lodge
8:30 p.m. Bon Fire (weather permitting) and burning bowl ceremony

Saturday, October 28th, 2017

- 7:30 – 8:30 a.m. (2) Yoga Options (upstairs in north and south conference rooms) See signup sheets
8:45 a.m. Breakfast (please be on time for each meal)
Gift Shop is Open
9:00 – 10:00 a.m. Free Time
Enjoy this time to allow for personal reflection. Feel free to check out the beautiful hiking trails or walk the labyrinth to reflect, meditate or contemplate. Massage is available between 9 a.m. – 3 p.m. (separate pricing) and all appointments must be made in advance.
10:30 – 11:15 a.m. Workshop: Essential Oil Make & Take for your Immune System
11:30 – 12:30 (2) Yoga Options (upstairs in north and south conference rooms) See signup sheets
12:45 p.m. Lunch
1:45-2:45 p.m. Workshop: Meditation
2:45 – 5:45 p.m. Free Time
6:00 p.m. Dinner
7:00 -8:30 p.m. Movie in Chapel
8:45 p.m. Yoga Nidra

Sunday, October 29th, 2017

- 7:30 – 8:30 a.m. (2) Yoga Options (upstairs in north and south conference rooms) See signup sheets
8:45 a.m. Breakfast
9:30 – 10:30 Free Time (please check out of your room, time by 10:00 a.m.)
10:30 – 11:30 Meet in Chapel for closing thoughts and goodbyes...

**Please note this itinerary may change