



Strengthening Recovery Retreats

Session 1: November 10 - 13, 2022

Session 2: December 8 - 11, 2022

	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
7:30-8:00 am		<i>Yoga & Meditation</i>	<i>Yoga & Meditation</i>	<i>Yoga & Meditation</i>
8:00-9:00 am		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
9:00-9:50 am		<i>Wellness Activity</i>	<i>Writers for Recovery</i>	<i>Cooking Class</i>
10:00-10:50 am		<i>Wellness Activity</i>	<i>Workshop</i>	<i>Wellness Activity</i>
11:00-11:50 am		<i>Recovery Dharma</i>	<i>Wellness Activity</i>	<i>Wellness Activity</i>
12:00-1:00 pm		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1:00-2:00 pm	<i>Check in</i>	<i>Jessica Lahey: "Addiction Innoculation"</i>	<i>Mantra & Movement</i>	<i>Farewell Feedback Reception</i>
2:00-2:50 pm	<i>Welcome & Introductions</i>			<i>Check-out</i>
3:00-3:50 pm	<i>Tour of Grounds</i>	<i>Free Time</i>	<i>Narative Medicine</i>	
4:00-4:50 pm	<i>Walk</i>	<i>Yoga</i>	<i>Art</i>	
5:00-5:50 pm	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	
6:00-6:50 pm	<i>Local Peer Support Group (onsite)- AA</i>	<i>Fizzy Poptails Class</i>	<i>Music Healing</i>	
7:00-8:30 pm	<i>Restorative Wellness</i>	<i>Fire Pit Gathering and Stargazing</i>	<i>Sharing Circle</i>	

