

# Women's Peace Retreat – Proposed Schedule of Activities

August 10<sup>th</sup> to 13<sup>th</sup>, 2017

Thursday TIME	Thursday	TIME	Friday	Saturday	Sunday
		07:00 – 08:00 AM	<b>Greeting the Day</b> time to reflect on dreams, meditate, walk, journal ...	<b>Greeting the Day</b> time to reflect on dreams, meditate, walk, journal ...	<b>Greeting the Day</b> time to reflect on dreams, meditate, walk, journal ...
		08:00 – 09:00 AM	<b>Self-care - 8:30:</b> Owl and Eagle dance of life with Madelyn	<b>Self-care -</b> movement Heart dance	<b>Self-care</b> – Meditations on Universal Peace with Whitney
		09:00 – 10:00 AM	<b>Nourishing selves and community</b> Breakfast and clean up	<b>Nourishing selves and community</b> Breakfast and clean up	<b>Nourishing selves and community</b> Breakfast and clean up - EARTH
10:00 – 1:00 PM	Volunteers come early to setup camp.	10:00 – 11:30 AM	<b>Workshop -</b> Yoga with Toinya, stretch, breathe and meditate.	<b>Workshop -</b> Core Connections, Somatic Movement with Deborah Desilets: 10 to noon	<b>Talking, dancing, drumming ....</b>
1:00 – 3:30 PM	<b>The peace retreat begins.</b> <b>Welcome and Camp Overview</b> Caring for people first, connecting through art <b>Journal-making-Barbarah</b>	11:30 – 01:00 PM	<b>Nourishing selves and community</b> Prepare food, share lunch and clean up	<b>Nourishing selves and community</b> Lunch and clean up	<b>Nourishing selves and community</b> Lunch and clean up

3:30 – 5:30 PM	Time for setting up sleeping spaces.	01:00 – 02:30 PM	<b>Workshop</b> – Talking Circle: Experiences with Conflict Situations. Flocking. Keeping each other safe.	<b>Workshop</b> – Privilege activity with Alison	<b>Planning Future Projects Together Closing Ceremony</b> 1:00 to 3:00
5:30 – 7:00 PM	<b>Nourishing selves and community</b> Preparing and Sharing Supper and clean up	2:30 – 03:30 PM	<b>Self and group care</b> - free time	<b>Self-care</b> - beach time	
7:00 – 8:00 PM	<b>Introductions and Circle of Common Ground</b> - Madelyn	3:30 – 5:00 PM	<b>Workshop</b> Barbarah - Evocative Listening & Presencing	<b>Workshop</b> Art: painting, creative crafting	
08:00 – 09:00 PM	<b>Dances of Universal Peace</b> with Candace Holt	5:30 – 7:00 PM	<b>Nourishing selves and community</b> Supper and clean up	<b>Nourishing selves and community</b> Supper and clean up	
09:00 – 10:00 PM	<b>Conversation about Women's Possibilities in Peace</b> Creating our culture of peace agreements. Madelyn	7:00 – 08:30 PM	<b>Workshop</b> – group connection time: third party intervention and them some eurythmy ...	<b>Workshop</b> - Ramona Faust women in the history of Harrop Hall	
10:00 – 7:00 AM	<b>Quiet time</b>	8:30 – 10:00 PM	<b>Greeting the Night</b>	<b>Greeting the Night</b>	
		10:00 – 7:00 AM	<b>Quiet time</b>	<b>Self-Care</b> – chill time	