



# EXPRESSION

CULTIVATING YOUR MOST AUTHENTIC VOICE  
RETREAT SCHEDULE

TIME	ACTIVITY	VISUAL DESCRIPTION
<b>Friday, May 17, 2019</b>		
5:00 - 7:00 PM	Arrival & Lakeside Refreshments	
7:30 - 9:30 PM	Family Dinner & Welcome	
9:30 - 10:00 PM	Sound Meditation *aka Adult Lullaby :)	
<b>Saturday, May 18, 2019</b>		
7:00 - 8:00 AM	Morning Mindfulness (Optional)	
8:00 - 9:00 AM	Breakfast Bar	
9:30 - 12:00 PM	Expression Session 1	
12:30 - 4:00 PM	Luscious Lunch & Free Time (Yoga, Paddle-board, Swim, Nap, etc.)	
4:00 - 6:00 PM	Expression Session 2	
6:00 - 8:00 PM	Sunset + Mocktails & Family Dinner	
8:00 - 10:00 PM	Sound Journey & Ceremony	
<b>Sunday, May 19, 2019</b>		
7:00 - 8:00 AM	Morning Mindfulness (Optional)	
8:00 - 9:00 AM	Breakfast Bar	
9:30 - 12:30 PM	Expression Session 3 & Closing	
1:00 - 2:30 PM	Light Lunch & Free Time (Yoga, Paddle-board, Swim, Nap, etc.)	
2:30 - 3:30 PM	Pack up & Goodbyes	
4:00 - 5:00 PM	Wine Tasting at nearby Nefarious Cellars (Optional)	