

## Art & Wellness: A Retreat for Mind, Body & Soul -- September 18-22, 2024

Arrival Day, Sept. 18	Thursday, Sept. 19	Friday, Sept. 20	Saturday, Sept. 21	Sunday, Sept. 22
	7:30-8:15 am Guided Meditation & Journaling with Laura Thompson	7:30-8:15 am Forest Bathing & Drawing with Laura Thompson	7:30-8:15 am Mindful Walking & Morning Stretch with Safara Fisher	7:15-8:15 am Closing Guided Meditation with Suzi Banks Baum
	8:00-8:45 pm Breakfast	8:00-8:45 pm Breakfast	8:00-8:45 pm Breakfast	8:00-8:45 pm Breakfast
	9:00-12:00 pm Workshop Instruction	9:00-12:00 pm Workshop Instruction	9:00-12:00 pm Workshop Instruction	9:00*-12:00 pm Workshop Instruction
	12:15-1:30 pm Lunch	12:15-1:30 pm Lunch	12:15-1:30 pm Lunch	12:15-1:30 pm Lunch
	1:30-4:30 pm Workshop Instruction	1:30-4:30 pm Workshop Instruction	1:30-4:30 pm Workshop Instruction	1:30-3:00 pm Workshop Instruction
4:00-6:00 pm Residential Student Check-in	4:30 PM Open Studio	4:30 PM Open Studio	4:30 PM Open Studio	3:00-4:00 pm Studio Clean up
5:00-6:00 pm Opening Music - Sacred Sound Journey with Denise Lajuennesse	5:00-6:00 pm Kundalini Yoga, Meditation & Chanting with Laura Thompson	5:00-6:00 pm Tai Chi with Janet Aalfs	5:00-6:00 pm Sound Healing with Carolyn Walker	4:00 pm Departure
6:15-7:00 pm Dinner	6:15-7:00 pm Dinner	6:15-7:00 pm Dinner	6:15-7:00 pm Dinner	
<i>Evening:</i>	<i>Evening:</i>	<i>Evening:</i>	<i>Evening:</i>	
7:15-9:00 pm Welcome, Orientation & and Instructor Slides	7:30-8:45 pm Ritual of Letting Go Mindfulness Workshop with Laura Thompson	7:30-8:45 pm Drumming Circle by the Bonfire, with Ellen Clegg	7:30-8:45 pm Harmonizing with the Autumn Season, Nature & You with Safara Fisher	
	Open Studio	Open Studio	Open Studio	
<b>* Please note: Room check-out is at 9:00 am on the last day</b>				