

2018 UU Women's Retreat Schedule

Celebrate Nurturing

Camp de Benneville Pines

Welcome!!					
Friday AM	10am Hike with Marianne Moderate to Strenuous		11am Goddess Pendant (Lodge) Kat Dickson Sign Up		Self Guided Activities
Check In 2-5:00pm	Get settled in your cabin	Make a name tag	Sign up for workshops	Sign up for massages	
4:00 PM	Belly Dancing (Coffee House)				
Social Hour 5-6:00pm	Hang Out	Make New Friends & Catch up with Old Friends		Snacks	
Dinner 6-7:30pm	Set Up Craig's				
Keynote 7:30pm	Kelley Grimes "Nurturing the Chrysalis: Honoring, Nuturing and Loving Ourselves Through All the Transitions and Transformations of Our Lives"				
Evening FUN!!!	DANCING	CARD READINGS	HANGING OUT	SPA	What do you choose?



	<i>Nature</i>	<i>Community</i>	<i>Creativity</i>	<i>Body</i>	<i>Solo</i> <i>(These activities are available all weekend)</i>	
Saturday Early AM 7-8:00am	Bird Watching (Meet on Deck) Kasey C			YOGA (Coffee House) Fiona Serebriany	SELF-SERVE NURTURING: Walk the Labyrinth Rock Painting (Rachel Rott) Take a walk or dip in the hot tub Book Table Nurturing Corner Adult Coloring (Karen Quinn)	
Breakfast 8-9:00am	Set Up Cabin #1					
Workshop #1 9-10:30am	Archery (Staff)	Plant Based Cooking Workshop (Craig's) Leslie Reuter Sign Up	Create an Affirmation Pouch Pendant (Lodge) Kat Dickson Sign Up	Mindfully Nurturing Your Body (Coffee House) Kelley and Fiona		
	Short Hike and History (Meet on deck) Anne Thorward					
Workshop #2 10:45am-12:30pm	Archery (Staff)	Self Nurturing for the Activist (Lodge) Katia Hansen	Chill Collaging (Craig's) Maritza Sanders	YOGA to Nourish Your Mind and Body/ Meditation for Ruminators (Coffee House) Eileen Maurer		
	Walk to Jenks Lake (Meet on Deck) Marianne SG		Intro to Knitting (Lodge Deck) Michelle Partain			
LUNCH 12:40-1:40pm	Set Up Cabin #2					
Workshop #3 1:45-3:15pm	Archery (Staff)	Learning to Speak the Language of Stones (Coffee House) Maria D	Book Folding Workshop (Lodge) Lauren Schmid	Plant Based Nutrition (Craig's) Leslie Reuter Sign Up		Scheduled Nurturing: Henna (Lena) Massage
	Meditation Class (Pavilion) Cathy Rowan					

Workshop #4 3:30-5pm	Archery (Staff)	Wine Tasting (Craig's) Kasey C	Sharpie Silk Scarves (Lodge) Karen Quinn Sign Up	Healing from Sexual Harassment (Coffee House) Sharon Goodlove	Other Nurturing: Jacuzz Labyrinth Walks (Where are you going? Please sign out in Lodge)	
	Nurturing Yourself in Nature (Pavilion) Kelley and Marianne		Goddess Pendant (Lodge) Kat Dickson Sign Up			
Social Time 5-5:45pm						
Dinner 5:45-6:45pm	Set Up Cabin #5					
Later PM		7:30pm Open Mic Game Night More Dancing (Lodge)		8:45pm YOGA (Coffee House) Fiona Serebriany	Continue to Find Your Bliss	
Sunday Early AM 7:00-8am				YOGA (Coffee House) Fiona Serebriany		
Breakfast 8:00-9am	Set Up Cabin #7					
Workshop #5 9-11:30am	LOVE	NOTES	GROUP	PROJECT		
Final Celebration 11:45-12:30pm						
Lunch 12:45-1:45pm	Set Up Cabin #8					

