

**SUNDAY**

6 pm Dinner

7 pm Gathering  
Orientation  
(Casa Regina)8 pm Vespers  
(Chapel)**Silence begins at  
the conclusion of  
vespers****FRIDAY**Before breakfast:  
Strip beds and  
leave sheets and  
towels on the floor9 am Gathering  
**End of Silence**  
(Casa Regina)

1 pm Check Out

**MONDAY**9-11 am Intro to  
Spiritual  
Practices (CR)3 pm Labyrinth  
Walk with Lucy  
(Labyrinth)4 pm  
Guided Art  
Journal  
with Jerilyn (CR)**TUESDAY**9-10 am Intro to  
Meditation with  
Arvid (CR)10:30-11 am  
Qi gong with Lucy  
(Peace Garden)3 pm  
Spoken Prayer  
Circle\*  
with Sharon  
(Chapel)**WEDNESDAY**9-10 am Intro to  
Shamanic Practice  
with Frank (CR)10:30-11 am  
Qi gong with Lucy  
(Peace Garden)3 pm Labyrinth  
Walk with Lucy  
(Labyrinth)4 pm Guided Art  
Journal  
with Jerilyn (CR)**THURSDAY**9-10 am Art as  
Guided Meditation  
with Jerilyn (CR)10:30-11 am  
Qi gong with Lucy  
(Peace Garden)3 pm  
Contemplative  
Prayer with Arvid  
and Jerilyn (CR)4 pm Interplay  
with Lucy (CR)**DAY SCHEDULE (Monday through Friday)**

7:30 am Walking Meditation with Arvid

8 am Breakfast

10 am Coffee / Tea (CR)

12 noon Lunch

6 pm Dinner

7:30 pm Communion (Chapel)\*

8 pm Vespers (Chapel)

**EVENING (Monday through Thursday)**

CR = Casa Regina meeting room

\* Speaking by retreatants will be necessary