

REWIRE Women's Retreat Itinerary

Friday

4:00 pm Arrival and cabin setup 5:30 pm Dinner

6:30 pm Welcome activities

8:00 pm Settle in

9:00 pm Quiet time

Saturday

8:00 am Breakfast

9:00 am Session 1: Doodle to calm, clarity and joy

10:30 am Break/free time

11:30 am Interactive study and music

12:30 pm Break/lunch

1:30 pm Session 2 (TBA)

3:00 pm Recreational activities

5:30 pm Supper

6:30 pm Interactive study and music 8:00 pm Free time

9:00 pm Quiet time

Sunday

8:00 am Breakfast

9:00 am Session 3: Heal your brain to heal your life

10:30 am Recreational activities

12:30 pm Break/lunch

1:30 pm Session 4: Ps 139, remove your mask, embrace your authentic self

3:00 pm Axe throwing, and other recreational activities

5:30 pm Supper

6:30 pm Free time/games

8:00 pm interactive study

9:00 pm Quiet time

Monday

8:00 am Breakfast and packing

9:00 am Final session and music

10:30 am Clean up and check out