

EAT, LOVE, PLAY!

Celebrating Our True Selves

Mendocino Women's Retreat 2023 Schedule

FRIDAY SEPT. 14

- 3:00-4:50p Check-in at Dining Hall to Receive Housing Assignment and Instructions
- 5:00-5:50p WELCOME CIRCLE: Lawn area under trees by Office. Bring your chair.
- 6:00-7:15p Dinner in the Dining Hall
- 7:30-9:00p OPENING CIRCLE in the Farmhouse (bring flash light, jacket and Altar item)
- 9:00-10:00p Bon Fire and group sing-a-long (Fire pit by parking lot)
- 9:30p-7:30a River's Bend Quiet Hours. Please be mindful of noise in public spaces AND rooms (thin walls!)

SATURDAY SEPT. 15

- 7:15-7:40am Optional "Spinal Energizers" with Sophia in the Farmhouse
- 8:00-9:00a Breakfast and Announcements in Dining Hall
- 9-9:30am Sign up for afternoon activities (Announced at breakfast)
- 9:30-12:00p Exploring Our True Selves with Heather and Sara; Meet in the Farmhouse
- 12:30-1:45p Lunch and announcements in the Dining Hall; activity sign-up
- 2:00-3:30p Afternoon Activity Options
- Ongoing: Stone art painting—Kathleen and Taylor; picnic tables outside dining hall
- "Seeing Truly"—Outdoor Drawing Meditation—PatiGloria; location TBD
- Singalong with Erin; location TBD
- 2:30-3:30p Art Play- "Gribouillage" with Sophia; outside dining hall on deck
- 3:30-6:00p Free Time!
- 5:00-5:45p Music, Rhythm and Meditative Connection with Cornelia; location TBD
- 6:00-6:45p Dinner and announcements in the Dining Hall
- 7:00-7:50p Plan for "WHO ARE YOU?!?" Variety Show
- "Expressions of the retreat theme through creativity and fun!"
- 8:00-?? Variety Show in the Farmhouse (Bring flash light and jacket)
- (All hands on deck to reset the meeting room for Sunday morning Circle)**

SUNDAY SEPT. 16

- 7:15-7:45a Optional Qi Gong with Sara in the Farmhouse
- 8:00-8:45a Breakfast and announcements in Dining Hall; (tip jar for cooks/cleaning crew)
- 8:45-9:15a Packing time: Out of rooms--cars back in main parking lot by 9:15am!
- 9:15-9:30a Meet on lawn by Office for Group Photo
- 9:30-11:45 SHARING AND CLOSING CIRCLE in Farmhouse
- 12 NOON SILENT AUCTION AND RAFFLE CLOSES! ALL BIDS MUST BE IN BY NOW.**
- 12:30p Lunch and announcements (tip jar)
- 1:00p Announcing Silent Auction and Raffle Winners
- 2:00-3:00p Retreat Clean Up—all hands welcome!
- 3:00p Time to depart River's Bend until next year!