

MINDFULNESS RETREAT FOR WOMEN WHO STRUGGLE WITH WEIGHT

JANUARY 2-5, 2019 WEDNESDAY AFTERNOON-SATURDAY

* This is a DRAFT and is subject to change.

WEDNESDAY, JANUARY 2

2:15 to 4:15pm	Check in Front Desk
3:30 pm	Optional Snack
4:15 pm	Retreat Orientation & Green Mountain Foundations
6:00 pm	Mindful Dinner
7:00 pm	Restorative Yoga
8:30 pm	Nourishment (optional)

THURSDAY, JANUARY 3

7:15 am	Energy Flow
8:00 am	Mindful Meal
9:00 am	Minding Our Bodies: The Science of Mindfulness
10:15 am	Body Scan Meditation
11:30 am	Sensory Stroll - Winter Forest Bath (*weather permitting)
12:15 pm	Guided Mindful Meal with Silent 15
1:15 pm	Connecting with Kindness: Mindful Self-Compassion
	Loving Kindness Meditation
2:30 pm	Play-Fit
3:30 pm	Optional Mindful Snack
4:15 pm	Expressive Art (Vision Boards?)
5:15 pm	Breath Meditation
6:00 pm	Mindful Dinner-The 9 Hungers
7:00 pm	Movie -The Connection: Mind Your Body
8:30 pm	Silent Nourishment (optional)

FRIDAY, JANUARY 4

7:15 am	Drumming
8:00 am	Mindful Meal
9:00 am	Mindfulness in Motion
10:15 am	Stress: Reactivity & Mindful Response
11:30 am	Body Healing Meditation
12:15 pm	Mindful Meal with Silent 15
1:15 pm	Conscious Eating: Cultivating Body Awareness
2:30 pm	Play-Fit
3:30 pm	Optional Snack
4:15 pm	Coping Kits -Begin Silence (optional)*
5:15 pm	Reflection/Self-Guided Meditation
6:00 pm	Mindful Dinner-Silent/Blindfolded (optional)
7:00 pm	Sound Healing
8:30 pm	Silent Nourishment (optional)

SATURDAY, JANUARY 5

7:15 am	Drumming Fun
8:00 am	Self-Guided Mindful Meal
9:00 am	GM Mountain Meditation
10:15 am	Closing Circle -End Silence (optional)*
11:30 pm	Check Out Book Store Open
12:00 pm	Lunch

*Massage Available by Appointment