

Mindful Nourishment

RETREAT SCHEDULE

NOVEMBER 15-17, 2024

FRIDAY

06:30 PM

Opening Circle
Foundations for Mindful Nourishment

Saturday

09:00 AM

Cultivating Mindful Nourishment

03:30 PM

Exploring Simple Nutritional Strategies for
Balance

07:00 PM

Integrating Mindful Nourishment

Sunday

10:00 AM

Creating a Plan for Personalized Wellness

OPTIONAL

MEDITATION in Chapel
5:00 PM Friday & Saturday

DAILY MEALS

8:00am Breakfast (Silent)
12:30pm Lunch
5:30pm Dinner