



Mindful Nourishment

RETREAT SCHEDULE

OCTOBER 26-28, 2025

Sunday
06:30 PM Opening Circle
Foundations for Mindful Nourishment

Monday
09.30 AM Cultivating Mindful Nourishment

03:30 PM Exploring Simple Nutritional Strategies for
Balance

07:00 PM Integrating Mindful Nourishment

Tuesday
10:00 AM Creating a Plan for Personalized Wellness

OPTIONAL

MEDITATION in Chapel
8:45am & 5:00 PM
Monday-Friday

DAILY MEALS

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

