

Day 1
SCHEDULE

 THURSDAY, SEPT. 25



4:30 PM

Arrival and Welcome



5:30 PM

Opening Circle



6:30 PM

Explore the Property



7:30 PM

Community Dinner



8:30 PM

Grounded Tree Art Exploration



9:30 PM

Closing Circle

Day 2 

SCHEDULE



FRIDAY, SEPT. 26



8-10 AM

Breakfast and Bonding



10:00 AM

Opening Circle



11:00 AM

Somatic Nature Walk



12:30 PM

Nourishing Lunch



1:00 PM

Afternoon Art



4:00 PM

The Art of Being



6:30 PM

Community Dinner



8:00 PM

Community Conversations



9:30 PM

Closing Circle

Day 3 

SCHEDULE



SATURDAY, SEPT. 27



8-10 AM

Breakfast and Bonding



10:00 AM

Opening Circle



11:00 AM

Morning Art



12:30 PM

Nourishing Lunch



1:30 PM

Somatic Experiencing



2:30 PM

Afternoon Art



4:30 PM

The Art of Being



6:30 PM

Community Dinner



8:00 PM

Community Conversations



9:30 PM

Closing Circle

Day 4 

SCHEDULE



SINDAY, SEPT. 28



8-10 AM

Breakfast and Bonding



10:00 AM

Opening Circle



11:00 AM

Morning Art



12:30 PM

Nourishing Lunch



1:30 PM

Somatic Experiencing



2:30 PM

Afternoon Art



4:30 PM

The Art of Being



6:30 PM

Community Dinner



8:00 PM

Community Conversations



9:30 PM

Closing Circle

Day 5 

SCHEDULE



MONDAY, SEPT. 29



8-10 AM

Breakfast and Bonding



9:00 AM

Opening Circle



10:00 AM

Final Art Workshop



11:00 AM

Leave Huffman Creek Retreat



11:45 AM

Celebratory Lunch at Fontana Village



12:45 PM

Final Closing Circle



1:30 PM

Optional Activities