

# EMBRACE RETREAT ITINERARY

Day	Activity
Friday	Arrival from 2:00pm
	3:30pm      Opening Circle
	4:45pm      Yoga
	6:30pm      Dinner
	9:00pm      Evening Meditation
Saturday	8:00am      Morning Yoga
	10:00am     Breakfast
	11:00am     Nature Walk
	12:30pm     Lunch
	2:00pm      EmBrace Creativity
	4:30pm      EmBrace Yoga
	6:30pm      Dinner
	8:00pm      EmBrace Joy
Sunday	7:30am      Breakfast
	8:00am      Morning Yoga
	11:00am     Brunch
	12:30pm     EmBrace Creativity
	2:30pm      Closing Ceremony

# EMBRACE

Embrace defined: /əm'brās/ noun 1.  
an act of accepting or supporting  
something willingly or enthusiastically.