

# RECONNECT RETREAT ITINERARY

## Day

## Activity

Friday

Arrival from 2:00pm

3:00pm      Opening Circle  
3:45pm      Yoga  
6:00pm      Dinner  
8:00pm      Evening Meditation

Saturday

8:00am      Morning Yoga  
10:00am     Breakfast  
11:00am     Creative Meditation  
1:00pm      Lunch  
2:30pm      Creative Writing  
4:30pm      Exploring Sankalpa  
6:30pm      Dinner  
8:00pm      Evening Meditation

Sunday

7:30am      Morning Yoga  
9:00am      Meditation & Visioning  
10:30am     Breakfast  
11:30am     Closing Circle

## Reconnect

to fasten or join  
something together  
again

