

Soulful Writers' Retreat for Women

...with Susan Regier

Monday	Tuesday	Wednesday	Thursday
	8:00AM – 9:00AM Breakfast	8:00AM – 9:00AM Breakfast	8:00AM – 9:00AM Breakfast
	9:00 – 11:00AM GUIDED SESSION #1	9:00 – 11:00AM GUIDED SESSION #4	9:00 – 11:00AM GUIDED SESSION #7
	11:00AM – 12:30PM Personal Time – silence Snacks in kitchen	11:00AM – 12:30PM Personal Time – silence Snacks in kitchen	11:00AM – 12:30PM Personal Time Snacks in kitchen
	12:30PM – 1:30PM Lunch	12:30PM – 1:30PM Lunch	12:30PM – 1:30PM Lunch
4:30PM – 5:00PM Arrival	1:30PM – 3:00PM GUIDED SESSION #2	1:30PM – 3:00PM GUIDED SESSION #5	1:30PM – 3:00PM GUIDED SESSION #8 CLOSING CEREMONY
5:30PM – 6:30PM OPENING CEREMONY	3:00PM – 6:30PM Personal Time Snacks in kitchen	3:00PM – 6:30PM Personal Time Snacks in kitchen	
6:30PM – 7:30PM Dinner	6:30PM – 7:30PM Dinner	6:30PM – 7:30PM Dinner	
7:30PM – 8:45PM SETTING INTENTIONS	7:30PM – 8:45PM GUIDED SESSION #3	7:30PM – 8:45PM GUIDED SESSION #6	
8:45PM – 9:30PM Beach Walk/Campfire	8:45PM – 9:30PM Beach Walk/Campfire	8:45PM – 9:30PM Beach Walk/Campfire	

*Meals & sessions in orange are intended for us to be together as a group.
Personal Time is for resting, reflection, journaling, assignments, and of course, writing!*