



Soulful Writer's Retreat for Women

AGENDA

Monday	Tuesday	Wednesday	Thursday
	8:00AM – 9:00AM Breakfast	8:00AM – 9:00AM Breakfast	8:00AM – 9:00AM Breakfast
	9:00AM – 11:00AM GUIDED SESSION #1	9:00AM – 11:00AM GUIDED SESSION #4	9:00AM – 11:00AM GUIDED SESSION #7
	11:00AM – 12:30PM Personal Time in Silence	11:00AM – 12:30PM Personal Time in Silence	11:00AM – 12:30PM Personal Time
	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 CLOSING CIRCLE
5:30PM – 6:30PM WELCOME CEREMONY	3:00PM – 6:30PM Personal Time	3:00PM – 6:30PM Personal Time	
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 and sessions are intended for us to be together as a group.

Snacks and beverages will be available in the kitchen during personal time.

Guided sessions include a mix of writing prompts, shared discussion, and creative exploration.



SusanRegier.com
THE WRITE SOURCE.