



# 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
2:30PM – 3:30PM Arrival	1:30PM – 3:00PM GUIDED SESSION #2	1:30PM – 3:00PM GUIDED SESSION #5	1:30PM – 3:00PM CLOSING CIRCLE
4:00PM – 6:30PM OPENING CIRCLE	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 designed 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.