

Preliminary Begin Again! Renewal Retreat Agenda

Friday:

- 4:45 PM Click on the Zoom Link to Join the Retreat
- 5:00 PM Welcome and Opening Activities
- 6:30 PM **Quick 10-minute Break**
- 6:40 PM Continue with Opening Activities
- 7:45 PM Closing Activity
- 8:00 PM End for the Evening (Meeting room open for those who want to hang out.)



Saturday:

- 9:00 AM Optional: Qi Gong
- 10:00 AM *Session 1: Begin Again! Planting the Seeds of Change*
- 12:00 PM **1-hour Break** (Optional hang-out with Katie and your retreat companions.)
- 1:00 PM *Session 2: Pause and Wait! The First Growth Is Underground*
- 2:30 PM **Quick 10-minute Break**
- 2:40 PM *Session 3: Finally, Plants! But no Flowers*
- 4:00 PM **1-hour Break**
- 5:00 PM *Session 4: Bloom! And Grow Where You're Planted*
- 6:30 PM **Quick 15-minute Break**
- 6:45 PM Closing Activity
- 8:00 PM End for the Evening (Stay for peppermint tea with Katie and your new friends.)

Sunday:

- 10:00 AM *Session 5: Winter Comes! Embracing the Seasons of Change*
- 11:30 AM **Quick 10-minute Break**
- 11:40 PM Q & A: What Do You Need to Know so You Can Grow?
- 12:00 PM Retreat Closing Activity