

SLMC Women's Retreat Schedule (tentative)

Please note that all activities are optional. Choose sessions based on your needs & desires for the weekend.

Friday evening

8:00-9:00pm Arrive & settle in

9:00 Welcome & FIRESIDE Reflection (Dining Hall)

9:45 Free time & Snack

Saturday

7:45-8:15 Morning Yoga in the Pines

8:00-9:15 Continental Breakfast

9:30-11:30 FIRESIDE Spiritual Reflection (Dining Hall)

12:15 Lunch

1:00 Free Time & Activities: Snowshoe, broomball, quiet space in the pines, nap, read/relax in front of the fire.

4:00-5:00 Yoga (Pines)

5:15 Wine and Cheese: optional (Dining hall)

6:15 Dinner

7:30 Evening Activities: Campfire, evening snowshoe walk, sauna, read/relax in front of the fire.

Sunday

7:30-8:00 Morning Yoga in the Pines

8:00-9:15 Continental Breakfast

9:30-11:00 FIRESIDE Spiritual Reflection & Good Byes

11:00 Free time

12:30 Lunch