

2024 RETREAT AGENDA

Daily Agenda

All Retreat Experiences will be at Zephyr Cove Retreat Center

Sunday - 07/07/2024

- 5:00 PM June 11, 18, 25, and July 2nd pre-sessions
6 PM Reception Dinner, Introductions, first lesson

Monday- 07/08/2024

- 7:30 AM Breakfast provided
8 AM Purpose, and Commitments
9:30 AM Bridge process defined
10:30 AM Break
10:45 AM WHOLE/BRAVE deep-dive
11:30 AM Building Bridges - Exercise 1
12:30 PM Lunch (provided)
1:30 PM Create first onion slaying experience
2:30 PM Building Bridges - Exercise 2
5:30 PM Time to rest, refuel, and reflect (dinner on your own)

Tuesday - 07/09/2024

- 7:30 AM Breakfast provided
8 AM Breakfast Discussion
8:30 AM Review - Day One discoveries
9:30 AM Next onion slaying experience
10:30 AM Break
10:45 AM Understanding the labyrinth journey
11:30 AM Building Bridges - Exercise 3
12:30 PM Lunch (provided)
1:30 PM Next onion slaying experience
2:30 PM Building Bridges - Exercise 4
5:30 PM Time to rest, refuel, and reflect (dinner on your own)

Wednesday - 07/10/2024

- 7:30 AM Breakfast provided
8 AM Breakfast discussion
8:30 AM Review - Day Two discoveries
9:30 AM Final onion slaying experience
10:30 AM Break
10:45 AM Final Bridge Building through Graduation process
11:45 AM Graduation / Pictures/ Surveys
1:30 PM Lunch/Next group July 23, 30
August 6th and 13th