

The Great Escape Adult Retreat Schedule  
2013

Saturday, 4/20:

1:00 Arrival

1:00-1:30—Get settled in room. Bring photos to group room.

1:30-2:15— Welcome group/Dyad Interview session

2:15-3:00—Grief Awareness/Quiz

3:00-3:15—Bathroom Break. Explain free time options.

**Free Time Options: Boat Rides, Journaling, Social time, Painting Gourd Bird House, River Rock messages, Resting, Journaling, Walking, etc.**

3:15-6:00—FREE TIME

6:00-7:00—Dinner

7:00-8:30—Luau—Ice Breaker, Music/Movement, Food

9:00 until -- Funny Movie with popcorn

Sunday, 4/21:

8:00-8:45—Breakfast

8:45-9:15— Check-In/Where Are You Now?

9:15-10:15—Moving From a Victim to a Survivor

10:15-10:30--Break

10:30-11:30— Yoga-local instructor

11:30-12:00— Break/Free Time

12:00-12:45—Lunch

12:45-1:30—Meditation

1:30-2:30—How to Go Back with Time Capsule Activity

2:30-3:00—Evaluations & Wrap-Up with an overview of services

3:00—Departure: Refreshed and ready to go home and finish the work!