



# Retreat Offerings

<p>Day 1 Friday</p>	<p>3:00 pm 5:30 pm 6:30 pm 7:30 pm</p>	<p>Check-in Begins Tour of Limina – Meet in Living Room Dinner – Dining Room Opening circle and intention setting</p>
<p>Day 2 Saturday</p>	<p>6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 3:30 - 5:30 pm 6:30 pm</p>	<p>Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Yoga or Qi Gong – Multi-purpose Room Lunch – Dining Room Group Sound Journey - Multi-purpose Room Dinner</p>
<p>Day 3 Sunday</p>	<p>6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 5:30 pm 6:30 pm</p>	<p>Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Yoga or Qi Gong – Multi-purpose Room Lunch – Dining Room Evening Prayers– Living Room Dinner</p>
<p>Day 4 Monday</p>	<p>6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 6:30 pm 7:30 pm</p>	<p>Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Yoga or Qi Gong – Multi-purpose Room Lunch – Dining Room Dinner Closing Circle and Ritual</p>
<p>Day 5 Tuesday</p>	<p>6:00 am 8:00 – 9:00 am 12:00 – 1:00 pm 1:00 pm</p>	<p>Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Lunch – Dining Room Check out</p> <ul style="list-style-type: none"> <li>• Please strip your beds &amp; leave sheets in a pile on your bed</li> <li>• Please leave towels in the bathroom</li> <li>• Please sign our guest book</li> <li>• Please consider tipping our staff</li> </ul>