



Bereavement Retreat Schedule

Thursday:	2:00-5:00	Check in at The Still Place – 136 Crossover Lane; Hayesville, NC
	6:00-6:30	Dinner at The Still Place
	7:00-10:00	Welcome, Orientation, Introductions and Sharing Stories
Friday :	9:00-9:30	Breakfast at The Still Place
	10:00-11:00	Gentle Yoga
	11:00-12:30	Grief Reflection; Grief Moment: Listening to our Body
	1:00	Lunch
	2:00-4:00	Broken Bowls
	4:00- 5:15	Rest & Get Ready for Dinner
	6:00	Dinner Out
Saturday:	9:00	Breakfast at The Still Place
	9:00-11:00	Vision Gardening (Bring pictures of your child if you would like)
	11:00-11:30	Grief Moment: Journaling
	11:30-12:00	Hike TSP Trail w/Dr Dawn
	12:30-1:00	Lunch
	1:30-5:30	Spa/Relaxation Day
	6:30	Dinner/Love Notes/Letters to Self@ TSP
Sunday:	9:00-10:30	Breakfast at The Still Place Grief Moment: Gentle Conversation, reflections and curiosity.
	10:30-11:30	Rock Ceremony
	12:00	Leave to go home