

# Restoring Your Soul: A Weekend Retreat for The Women of Old First (and Friends!)

## Program Schedule

*Please note: Rooms are subject to change.*

### Saturday, Feb. 4

10:00 am Arrival & registration

10:30 am Opening Gathering  
(Auditorium)

11:30 am Free time

12:30 pm Lunch (Dining Room)

2:00 pm Small Group Session I  
Please choose between:

i. **Healthy Eating** (Kitchen)

Moving beyond brown rice, Special K, and boneless, skinless chicken breasts: how to incorporate different grains and healthy ingredients into your daily meals. Kristen and Meg will lead a workshop to encourage and inspire healthy eating in 2012. They'll share ideas on fast and easy meal preparation, boxed lunches, new ingredients, and healthy food blogs. *Bring your favorite healthy recipes to share, or your favorite "un-healthy" recipe; Kristen & Meg will offer suggestions for making it healthier.*

ii. **Needlecraft circle**

(Day Room, First Floor)

Join a circle of needlecrafters. *BYOP* (Bring Your Own Project). This session will be a time to enjoy relaxed, informal time together, while working on our own craft projects. Please note: this will not be a class, but if you would like to learn, there will be extra knitting supplies and we'll be glad to get you started!

3:00 pm Free Time

4:00 pm Small Group Session II  
Please choose between:

i. **Knowing Yourself Through  
the Transformative Stories**

### of Your Childhood

(Auditorium)

The stories we heard in our childhood from family members and other adults who were important to us are imbedded in our lives in ways that are usually unknown to us. Wanda will lead us through a journey to discover important stories we heard as a child and explore how these stories made a difference to us back then and are now reflected in our adult lives. You won't regret what you will learn. In fact, this discovery will affirm the importance of the person whose story so impacted your life. The exercise helps you to look in the mirror and see something you never saw before.

ii. **Mindfulness Meditation**

(Day Room, First Floor)

Are you feeling stressed with no time to spare? Then this "Introduction to Mindful Meditation" is for you! We will explore different techniques of mindfulness including sitting meditation and walking meditation along with breathing techniques. *Please bring a small pillow and light blanket and wear loose comfortable clothing.*

5:00 pm Free time

6:00 pm Dinner (Dining Room)

7:30 pm Evening Vespers  
(Auditorium)

*Please bring a poem, Scripture passage or prayer to share*

8:00 pm Wine & Cheese  
(Dining Room)

*Please bring something to share with the group for our wine & cheese party; e.g. a bottle of wine or sparkling cider, some cheese & crackers, etc.*

## Sunday, Feb. 5

### 7:15 am Morning exercise

Please choose between:

i. **Stretching** (Piano Room, Lower Level)

Beth will lead us in some general stretching techniques for women of all ages. Start your day off right!

ii. **Yoga** (Day Room, First Fl)

Diane will lead a short Hatha yoga session. We will practice basic asanas such as mountain pose, reclined twist, sun salutation, along with brief meditation, breathing exercises, and ending with sivasana.

*Bring a yoga mat and small pillow or blanket. Wear loose comfortable clothing. If you have never practiced yoga you are still welcome, but this will not be an instructional session.*

8:00 am Breakfast  
(Dining Room)

9:00 am Free time

9:30 am Worship (Auditorium)

10:00 am Free Time

11:00 am Depart

## Please Bring With You

- Your Old First name tag
- A favorite poem, prayer, or Scripture passage to share with the group at evening devotions
- Some contribution for our wine & cheese party Saturday evening (e.g. a bottle of wine or sparkling cider, some cheese & crackers, etc.)
- Toiletries (there is soap in the bathrooms, but not shampoo)

### Items for specific small-group sessions:

- For yoga session: Yoga mat & small blanket
- For mindfulness meditation session: small pillow & light blanket
- For needlecraft circle: Your own needlecraft project
- For healthy eating workshop: Healthy recipes to share

### Meals

Please note that all meals will be vegetarian. There will be a small refrigerator available for our use if you need to store food items or medications. Food is not permitted in the bedrooms.

Please inform Suzanne *in advance* of any special dietary needs.

