

Holding Space Practice

Fall Retreat • Sept 20-23, 2023 • **Kansas City**

Schedule

Date	Time	Description
Tues, Sept 19		Travel Day
Wed, Sept 20	3:00-4:30 pm	Arrive & settle in
	4:30-6:30	Introduction to retreat and each other, dinner prep & eat
	7:00-9:00	Evening Welcome Ceremony with Kim Johnson
Thur, Sept 21	8:00-9:30 am	Yoga practice, light breakfast
	10:00-11:45	Morning workshop with Carol Webster
	12:00-1:30	Kitchari lunch prep & eat
	2:00-4:00	Afternoon workshop: Art & Life with Kristin Webster
	4:00-6:30	Dinner prep & eat
	7:00-9:00	Evening Chat
Fri, Sept 22	7:30-9:30 am	Yoga practice, light breakfast, pack lunch, leave for Serenity Ranch
	10:00-12:00	Equine Therapy class with Beth Russell
	12:00-1:30	Debrief and eat lunch
	2:00-5:30	Local outing and dinner out
	6:00-10:00	Chat and chill
Sat, Sept 23	8:00-10:00 am	Yoga practice, light breakfast, pack
		Check out by 11:00 am

Things to Bring:

- A yoga mat (if you can)
- Hand towel and/or small bath towel (as yoga prop) *
- Comfy, stretchy clothes
- Small blanket, pillow *
- Boots or sturdy shoes for horse time
- Water bottle
- Journal *

* = optional