Writing Renewal Retreat Agenda

June 9-11, 2015
Mountain Valley Retreat Center

Tuesday, June 9

12-1 PM: Arrival and Room Check In

1-2:30 PM: Retreat Introduction and Overview

2:30-5 PM: Participants’ Choice:
  - Writing Time
  - Individual Writing Consultations
  - Contemplative Consultations

5:30-6:30 PM: Dinner

6:30-8PM: Mindfulness, Creativity, and Writing Productivity

8-10 PM: Campfire, Storytelling, Poems & Music¹ (Optional)

Wednesday, June 10

7:30 AM: Earthing² (optional)

8-9AM: Breakfast

9-10 AM: Mindfulness Meditation & Scholarly Writers’ Profiles

10-12 AM: Participants’ Choice:
  - Writing Time
  - Individual Writing Consultations
  - Contemplative Consultation
  - Walk & Write

¹ Please consider sharing your talents with the group during our two campfire sessions.
² A grounding exercise that aligns body, breath, and mind with the earth.
12-1 PM: Lunch

1-2:00 PM: Chair Yoga & Writing, Vulnerability, Healing

2-5 PM: Participants' Choice:
- Writing Time
- Individual Writing Consultations
- Contemplative Consultation
- Walk & Write

5:30-6:30: Dinner

6:30-8 PM: Evening session (Optional Writing & Relaxation)

8-10 PM: Campfire, Storytelling, Poems & Music

Thursday, June 11

7:30 AM: Sacred Walking (optional)

8-9 AM: Breakfast

9 AM: Mindfulness Meditation

9:30-11 AM: Participants’ Choice:
- Writing Time
- Individual Writing Consultations
- Contemplative Consultation

11 AM-12 PM: Retreat Milestones and Goals Revisited & Quiet Centering

12-12:30 PM: Farewell Photos and Goodbyes.

12:30-1:30 PM: Departure & Room Check Out (Lunch is on your own).