

Tentative Schedule Time out For Blessings: Retreat offered by Big Fish Yoga

Friday April 28 6 to 6:30 pm - Arrive and settle in

6:30 to 7:30 - Chapel

Singing – 10 minutes

Introductions - 20 minutes

Presentation on meditation – short meditation practice

7:30 - snack

7:45 to 9:30– Lounge

7:45 to 8 – Ignatian Spiritual Exercise

8 to 9:15 – Restorative yoga

9:15 to 9:25 – Listening Book (silence begins)

Saturday April 29

7:30 – 8 am- Chapel –Movement and Singing (silence ends)

8 – Breakfast

9:15 to 11:30 – Lounge

9:15 to 9:30 – Ignatian Spiritual Exercise

9:30 to 10:45 – yoga

10:45 – snack

11 to 11:20 – Meditation

11:20 to 11:30 – Listening Book

Noon – Lunch, 1 to 2:30 free time (optional activities available for those who wish)

2:30 – snack

2:45 to 3:15– Chapel (singing and prayer)

3:15 to 4:45 - Lounge

3:15 pm– Ignatian Spiritual Exercise

3:30 to 4:30 – Yoga (Taught by Cherilee Dale –Johnson)

4:30 to 4:45 – Meditation

4:45 to 4:50 – Closing prayer