



Spiritual Wellness Retreat  
 Bark Lake Leadership Centre  
 June 7-9, 2019

## Weekend Schedule

### Friday

Time	Activity
3:00 - 6:00 pm	Registration – arrive, unpack, relax and unwind
6:30 – 7:30 pm	Welcome Gathering
6:30 – 7:30 pm	DINNER
7:30 – 9:30 pm	Intention Setting & Guided Meditation
9:30 – 10:30 pm	Campfire & S'mores

### Saturday

Time	Activity
7:00 – 8:00 am	Quiet Reflection & Journaling
8:00 – 9:00 am	BREAKFAST
9:00 – 10:30 am Session Choice 1	Morning Yoga and Meditation
	Getting out of your own way
	Connecting to the Light Within
10:30 – 11:15	MORNING SNACK
11:15 – 12:45pm Session Choice 2	Developing your own Spiritual Practice
	Blindfolded Visualization Board
	Dancing Manifestation
12:45 – 2:00 pm	LUNCH – Group Photo
	Mindfulness & Movement - Guided Nature Hike
	Face your Fears – High Ropes, Low Ropes, Climbing Wall
2:00 – 3:30 pm Session Choice 3	Water Activities – Swimming/Kayaking/Canoeing
	Snack
3:30 – 4:00 pm	Private One on One Bookings (readings, massage, reiki, etc)
	Waterfront Open for Kayaking/Canoeing
	Choose your own mini adventure – High Ropes/Archery/Climbing
6:00 – 7:30 pm	DINNER
7:30 – 9:00 pm	Messages from Above
9:00 – 11:00pm	Drumming Circle and Campfire

## Sunday

Time	Activity
7:00 – 8:00 am	Sunrise Yoga and Meditation
8:00 – 9:30 am	BREAKFAST
9:00 – 10:00 am	Pack/Room Clean-up
10:00 – 11:30 pm Session Choice 4	Moving Beyond Fears
	Empowering your Divine Feminine Energy
	Emotional Clearing for Wellness
11:30 – 12:30 pm	Group Celebration and Share
12:30 – 1:30 pm	LUNCH
1:30 – 2:00 pm	Departures

\*\* Subject to change