

mountain laurel

— THERAPY —

Women's Connection Retreat Tentative Schedule

Times and activities subject to change

Friday, September 27, 2024

5:30 p.m. - 6 p.m.	WELCOME RECEPTION
6 p.m. - 6:30 p.m.	Ice Breaker
7 p.m. - 8 p.m.	DINNER
8 p.m. - 9 p.m.	Session #1: Introductions & Retreat Guidelines

Saturday, September 28, 2024

7:30 a.m. - 8:30 a.m.	BREAKFAST
8:30 a.m. - 9 a.m.	Guided Meditation
9:15 a.m. - 10 a.m.	Session #2: Taking Off the Mask
10:15 a.m. - 11 a.m.	Session #3: Vulnerability
11:15 a.m. - Noon	Session #4: Friendship
Noon - 1 p.m.	LUNCH
1:15 p.m. - 2 p.m.	Session #5: People Pleasing
2 p.m. - 2:30 p.m.	Take a Walk
2:45 p.m. - 3 p.m.	SNACK
3 p.m. - 3:45 p.m.	Session #6: Betrayal in a Friendship
4 p.m. - 4:45 p.m.	Session #7: Comparison & Self Esteem
5 p.m. - 6:45 p.m.	Connecting Through Discussion & Journaling
7 p.m. - 8 p.m.	DINNER
8:15 p.m. - 9 p.m.	Free Time

Sunday, September 29, 2024

7:30 a.m. - 8:30 a.m.	BREAKFAST
8:30 a.m. - 9 a.m.	Breathing Exercises
9:15 a.m. - 10 a.m.	Session #8: Female Empowerment
10:15 a.m. - 11 a.m.	Session #9: Intentions, Take-aways & action plans.
11 a.m. - Noon	CHECKOUT
Noon	Explore Fredericksburg