

**Mind/Body/Spirit Yoga Retreat:
Seeing God in All Things
October 4-6, 2019**

Friday, October 4		Location
4:00-6:00 p.m.	Check-In	Mabee (Registration) Building
5:30 p.m.	Dinner	King Dining Hall
7:00 p.m.	Session 1: Introduction – Seeing God in All Things Movement & Breath Restorative	Manor House Classroom
8:30 p.m.	Evening Prayer	Trull 3
Saturday, October 5		
7:30-8:30 a.m.	Breakfast	King Dining Hall
9:30 a.m.	Session 2: Lamb of God Body Holding On & Letting Go Grounding Practices	Manor House Classroom
Noon	Lunch	King Dining Hall
1:30	Free Time for Relaxation or Hiking	Ranch
3:00 p.m.	Session 3: Breath of God Balance & Breathing Build the inner sanctum/the heart center	Manor House Classroom
5:30 p.m.	Dinner	King Dining Hall
7:00 p.m.	Session 4: Light of God Mind & Eyes Lectio Divina & Contemplative Prayer	Manor House Classroom
9:00 p.m.	Evening Prayer	Trull 3
Sunday, October 6		
7:30-8:30 a.m.	Breakfast	King Dining Hall
9:00 a.m.	Session 5: Spirit Whole Practice/Bringing It All Together	Manor House Classroom
10:30 a.m.	Closing Worship	Chapel on the Hill

Room checkout is by 11:00 a.m. You are welcome to stay and enjoy the ranch for the day!