

Friday, August 31st			
5:00 PM	Retreat registration opens, Dinner on your own in Boise/McCall/Cascade.	Dining Hall	
7:30	Welcome and Introductions	Chapel	JoAnn/Brittany/Andi
8:00	Setting Intention/Opening	Chapel	Brittany & Lisa
9:00	Evening Movement/Meditation vs. Massage	Chapel	Andi
9:30	Evening snacks	Dining Hall	Lori & Brad
10:00	Night Rest	Cabins	

Saturday, September 1st			
7:30 AM	Breakfast	Dining Hall	Brad & Lori
9:00	Morning Movement/Meditation	Chapel	Andi
9:30	Morning Session	Chapel	Brittany/Lisa
10:30 (switch at 11:15)	Breakout options – 45 min each x2 <ul style="list-style-type: none"> • Hike –Barb Brock • Spiritual Disciplines Station – Brittany Mangelson • Art / adult coloring • Story Corps/200 year present – requires a partner - Andi • Massage – Shea Rose • Time with Lisa 	Various	
12:00	Lunch	Dining Hall	Lori & Brad
1:30	Afternoon Session	Chapel	Brittany/Lisa
2:30 (switch at 3:15 and 4:00)	Breakout Options – 45 min each x 3 <ul style="list-style-type: none"> • Hike –Barb Brock • Spiritual Disciplines Station – Brittany Mengleson • Art / Adult Coloring Books • Story Corps/200 year present – requires a partner - Andi • Massage – Shea Rose • Time with Lisa Butterworth 	Various	
5:30	Dinner	Dining Hall	Brad & Lori
7:00	Song festival	Chapel	Sandy Decker
8:00	Down Time/Dessert in Dining Hall		
10:00	Night Rest		

Sunday, September 2nd			
7:30 AM	Breakfast	Dining Hall	Lori & Brad
9:00	Morning Movement/Meditation	Chapel	Andi
9:30	Morning Session	Chapel	Brittany/Lisa
10:30	Closing Worship	Chapel	Brittany/Lisa
11:00	Break Camp/Clean		
1:00- 5:00 PM	Optional Post-Retreat Activities <ul style="list-style-type: none"> • Kayaking/Rafting/SUP at Kelley's Whitewater Park or Cascade State Park • Hiking • Hot Springs 	Off-grounds, Cascade.	Cost is additional, on your own