

Women's Retreat
August 31 to September 2, 2018
Camp Cascade

Draft Schedule

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
8:00	Setting Intention/Opening Worship	Chapel
9:00	Evening Movement/Meditation vs. Massage	Chapel
9:30	Evening snacks	Dining Hall
10:00	Night Rest	Cabins

Saturday, September 1st		
7:30 AM	Breakfast	Dining Hall
9:00	Morning Movement/Meditation	Chapel
9:30	Morning Session	Chapel
10:30 (switch at 11:15)	Breakout options – Rotating self-care stations	Various
12:00	Lunch	Dining Hall
1:30	Afternoon Session	Chapel
2:30 (switch at 3:15 and 4:00)	Breakout options – Rotating self-care stations	Various
5:30	Dinner	Dining Hall
7:00	Hymn Fest	Chapel
8:00-10:00	Down Time/Dessert in Dining Hall, Personnel Prep	
10:00	Night Rest	

Sunday, September 2nd		
7:30 AM	Breakfast	Dining Hall
9:00	Morning Movement/Meditation	Chapel
9:30	Morning Session	Chapel
10:30	Closing Worship	Chapel
11:00	Break Camp/Clean	