

# Welcome!

## Iowa City, IA Mother Loss Retreat Schedule for August 1-4, 2024



### DAY 1

- 5 pm - 6 pm CHECK-IN & WELCOME ANNOUNCEMENTS
- 6 pm - 7 pm DINNER
- 7 pm - 8:30 pm INTRODUCTORY GATHERING

### DAY 2

- 8 am - 9 am BREAKFAST
- 9 am - 12:30 pm WORKSHOP GATHERING
- 12:30 pm - 1:30 pm LUNCH
- 1:30 pm - 3:30 pm WORKSHOP GATHERING
- 3:30 pm - 6:30 pm FREE TIME
- 6:30 pm - 7:30 pm DINNER
- 7:30 pm - 9ish pm FIRESIDE TALK (BRING A PHOTO OF YOUR MOM)



# RETREAT SCHEDULE

## DAY 3

8 am - 9 am	BREAKFAST
9 am - 12:30 pm	WORKSHOP GATHERING
12:30 pm - 1:30 pm	LUNCH
1:30 pm - 2:30 pm	YOGA CLASS
2:30 pm - 3:30 pm	MEDITATION, JOURNALING AND DISCUSSION
3:30 pm - 6 pm	FREE TIME
6 pm - 7 pm	DINNER
7 pm - 8:30ish pm	FIRESIDE TALK

## DAY 4

8 am - 9 am	BREAKFAST
9 am - 11:30 am	CLOSING ACTIVITIES
12:15 pm	GOODBYE LUNCH