



SELF-RENEWAL RETREAT ITINERARY
MAY 18-20TH 2018

FRIDAY MAY 18TH

3:00pm- 3:30pm	Arrival. Upon arrival get settled into your room. Make yourself comfortable. Meet other retreat attendees. Introduce yourself.
4:30 pm-5:50 pm	Yoga and Meditation. A gentle 60 minutes yoga session to undo stiffness from your drive to the retreat. Followed by 10 minutes Meditation. The Yoga and Meditation sessions will ease you into the evening.
6:00 pm	Dinner on your own at a restaurant in the Lake Anna area or prepare your dinner at the retreat house. See list of restaurants near Lake Anna).
9 pm- 9:15 pm	Be Serenaded. Emeka will be singing three African songs from his youth in the Igbo village of Nigeria. The music selection is Emeka's meditative mantra for experiencing inner peace. Sit back listen and enjoy the calming effects of chants.

continues below

NATURALWORTH

SOMETHING GOOD IS HAPPENING 

SATURDAY MAY 19TH

6:30 am-7 am	Breakfast (provided). Wake up to the new day. Enjoy a light breakfast.
7 am- 8:30 am	90 minutes Yoga session. We will start the day with a challenging Yoga workout. Get the heart rate up a bit, the blood flowing.
8:30 am-8:50 am	20 minutes Meditation. After awakening life's vibrant energy in our bodies we'll shut our eyes in meditation to connect with, compassion, love, self-worth, awaken within us the values which nurtures human spirit.
8:50 am-9:10 am	Coffee break
9:10 am-10:15 am	60 minutes exercises for self-renewal. Get a deep understanding of how connecting with your most authentic self helps you better manage stress in your life and meet your needs. As a practice of self-renewal you will be guided through mindfulness exercises of connecting with your most authentic self.
10:15 am- 4:00pm	Free time to play, relax, read, chat, visit a winery, explore Lake Anna, hike.
4 pm-5:50 pm	90 minutes gentle Yoga session followed by a 20 minutes Meditation. .
6:00 pm	Dinner on your own at a restaurant in the Lake Anna area or prepare your dinner at the retreat house. (See list of restaurants near Lake Anna).

NATURALWORTH

SOMETHING GOOD IS HAPPENING 

SUNDAY MAY 20TH

6:30 am-7 am	Breakfast (provided). Enjoy a light breakfast.
7:00am- :8:50am	90 minutes Yoga session. A moderate Yoga workout. Just right for a sunday. Followed by 20 minutes meditation.
9:10am- 9:30am	20 minutes Silent Hike. A mindful activity. An easy stroll to set the mode for your journey home.
9:00am-10:00am	Check out.

end