

## **SAMPLE AGENDA**

### **Day One**

Arrive in the afternoon.

Get acquainted; breakout for brief individual reflection and group connection exercise.

### **Day Two**

Individual prayer and guided reflection (breakfast available)

Session 1\*

Lunch

Session 2

Free time

Dinner

### **Day Three**

Individual prayer and guided reflection (breakfast available)

Session 3

Lunch

Session 4

Free time (optional private session)

Dinner

### **Day Four**

Individual prayer and guided reflection (breakfast available)

Session 5

Lunch, Pray, Depart

\*Sessions last 2.5 - 3.5 hours and include group time, individual reflection and breakout exercises. We realize that individual energy levels vary and will collaborate with you to find a good balance between meeting your goals and moving at a comfortable pace.