

FROM THE DEEP

Retreat for Women

April 4-7, 2024

*Understanding And Transforming
Self-Sabotaging Patterns*

with Kindi Dulai-Gill
& Neerava S. Kroeger

TENTATIVE SCHEDULE:

Thursday:

- 17:00 - Depart HSB for Fircom
- 17:30 - Settle in accommodations, go for a walk / site tour
- 18:30 - Dinner & Intro to Fircom
- 20:00 - Group Session 1

Friday:

- 9:00 - Breakfast
- 10:00 - Group Session 2
- 1:00 - Lunch
- 14:00 - Group Session 3
- 16:00 - Free Time (paddle or hike option)
- 18:00 - Dinner
- 19:00 - Group Session 4

Saturday:

- 8:30 - Breakfast
- 9:30 - Group Session 5
- 13:00 - Lunch
- 14:00 - Follow up for Session 5
- 15:30 - Free time to integrate
- 18:00 - Dinner
- 19:00 - Group Session 6

Sunday:

- 9:00 - Breakfast in Cottage
- 10:30 - Group Session 7
- 13:00 - Lunch
- 14:00 - Closing Circle
- 16:00 - Depart Fircom for HSB

Locations for all group sessions will be shared with you upon your arrival (Cottage, Farmhouse, Upper Jube, Breezeway or the Great Outdoors) and we will adjust throughout the weekend, as needed. We go with the flow!