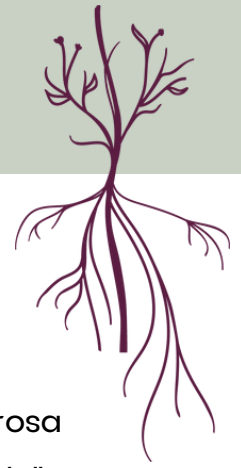


Embodying LIGHT Grief Retreat

Schedule of events
Part 1



Friday, December 5th

| | | |
|--------------------|--|-------------|
| 4:30-5:00 PM | Check-in..... | Ponderosa |
| 5:00-5:45 PM..... | Dinner Reception..... | Dining Hall |
| 6:00-8:00 PM..... | Opening Connection, Ritual, & Somatic Talk.... | Ponderosa |
| 8:00-8:30 PM..... | Small Group Introductions..... | Ponderosa |
| 8:30-9:00 PM..... | Board Games..... | Ponderosa |
| <i>Choose one</i> | Gentle Yoga Nidra..... | Lapp Lodge |

Saturday, December 6th

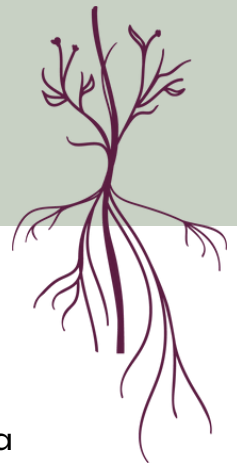
| | | |
|---------------------|--|-----------------------------|
| 7:00-8:00 AM..... | Gentle Yoga..... | Lapp Lodge |
| 8:15-9:00 AM..... | Breakfast..... | Dining Hall |
| 9:15-10:15 AM..... | 1. Memory Boxes & Collages..... | Carriage House <i>Youth</i> |
| <i>Choose one</i> | 1. Grief Expressed..... | Ponderosa |
| 10:30-11:30 AM..... | 2. Luminaries..... | Carriage House <i>Youth</i> |
| <i>Choose one</i> | 2. Healing Nature Walk..... | Ponderosa |
| | 2. Grief Expressed..... | Ponderosa |
| 11:45-12:30 PM..... | Small Groups..... | Ponderosa |
| 12:30-1:15 PM..... | Lunch..... | Dining Hall |
| 1:30-2:30 PM..... | Free Time and Wellness Activities..... | Ponderosa / Lapp Lodge |
| 2:30-3:30 PM..... | 3. Journal & Letter Writing..... | Carriage House <i>Youth</i> |
| <i>Choose one</i> | 3. Therapeutic Art Activity..... | Ponderosa |
| | 3. Equine Assisted Therapy..... | Yurts |



PAGE 1

Embodying LIGHT Grief Retreat

Schedule of events
Part 2



Saturday continued

| | | |
|-------------------|--|-----------------------------|
| 3:45-4:45 PM..... | 4. Healing Nature Walk..... | Ponderosa |
| <i>Choose one</i> | 4. Clay Hearts & Worry Stones..... | Carriage House <i>Youth</i> |
| | 4. Grief in the Body Art Activity..... | Ponderosa |
| 5:00-6:00 PM..... | Small Groups..... | Ponderosa |
| 6:00-6:45 PM..... | Dinner..... | Dining Hall |
| 7:15-8:00 PM..... | Luminary Ritual..... | Ponderosa |
| 8:00-9:00 PM..... | Memory Bracelets and Fidgets..... | Carriage House <i>Youth</i> |
| <i>Choose one</i> | Gentle Yoga..... | Lapp Lodge |

Sunday, December 7th

| | | |
|---------------------|--|-----------------------------|
| 7:00-8:00 AM..... | Gentle Yoga..... | Ponderosa |
| 8:15-9:00 AM..... | Breakfast..... | Dining Hall |
| 9:15-10:45 AM..... | 5. Processing G.R.I.E.F..... | Chapel |
| <i>Choose one</i> | 5. Acupressure and Working with Grief..... | Ponderosa |
| | 5. Building a Take-Home Toolbox..... | Carriage House <i>Youth</i> |
| 11:00-12:00 PM..... | Closing Integrative Ritual..... | Ponderosa |
| 12:00-12:30 PM..... | Small Group Goodbyes..... | Ponderosa |
| 12:30-1:15 PM..... | Lunch..... | Dining Hall |
| | Check-out..... | Ponderosa |

Jan 6, 2026
@ 6:00 PM

Post Retreat Virtual Check-In

Meeting link to come