

**ESCAPE TO SERENITY RETREAT AT PINE MANOR**  
**SEPTEMBER 23<sup>RD</sup> – 25<sup>TH</sup>, 2016**

**SCHEDULE OF ACTIVITIES**

**FRIDAY, SEPTEMBER 23<sup>RD</sup>**

2:00-3:30PM	<b><i>Arrival &amp; Registration on the Patio</i></b> Retreat Packets, Welcome Bags, Name Tags & Liability Waivers Schedule Massage Appointments Get Settled in Rooms
4:00PM	<b><i>Yoga Serenity Routine (Helena &amp; Cheri)</i></b>
5:00PM	<b><i>Tai Chi Demonstration: Wu Family Style Short Form (Roger)</i></b>
5:15PM	<b><i>Tour of Pine Manor (Roger &amp; Cheri)</i></b>
6:00PM	Dinner
6:45PM	<b><i>Candlelight Meditation (Helena)</i></b> <b><i>Retreat Welcome &amp; Introductions in the Round House</i></b>
8:00PM	<b><i>Healing Qigong Practice: Forgotten Set (Cheri)</i></b>
8:45PM	<b><i>Movie: "Ashes To Snow"</i></b>

**SATURDAY, SEPTEMBER 24<sup>TH</sup>**

7:30AM	<b><i>Healing Mudras Meditation (Cheri)</i></b>
8:00AM	<b><i>Tai Chi Practice: Wu Family Style Short Form (Roger)</i></b>
9:00AM	Breakfast
10:00AM	<b><i>Yoga Practice: Balancing Energy In The Chakras (Helena)</i></b>
11:15AM	<b><i>Healing Qigong Practice: Six Circles (Cheri)</i></b>
12Noon	Lunch
1:00PM	<b><i>Group Discussion/Check-In</i></b>
1:30PM	<b><i>Tai Chi Practice: Wu Family Style Short Form (Roger)</i></b>

## **SATURDAY, SEPTEMBER 24<sup>TH</sup>**

3:00PM	<b><i>Yoga Practice: Yoga Nidra (Helena)</i></b>
4:00PM	<b><i>Partner Reiki (Helena)</i></b>
5:00PM	Afternoon Break – Hiking, Swimming, Resting
6:00PM	Dinner
7:30PM	<b><i>Yoga Practice: Candlelight Yogazander (Helena &amp; Cheri)</i></b> <b><i>Savasana with Tibetan Bowl Sound Bath (Helena, Dave, Roger &amp; Cheri)</i></b>

## **SUNDAY, SEPTEMBER 25<sup>TH</sup>**

7:30AM	<b><i>Chakra Meditation (Helena)</i></b>
8:00AM	<b><i>Tai Chi Practice: Wu Family Style Short Form (Roger)</i></b>
9:00AM	Breakfast
10:00AM	<b><i>Tai Chi &amp; Qigong Demonstrations (Roger, Kathleen &amp; Jill, Chacha)</i></b>
11:00AM	<b><i>Healing Qigong Practice: Six Circles &amp; Forgotten Set (Cheri)</i></b>
12:00Noon	<b><i>Group Photo &amp; Closing Circle</i></b>
12:30PM	Lunch
1:30-3:00PM	<b><i>Relaxing &amp; Packing-Up, Goodbyes &amp; Fond Farewells</i></b>

## **PROGRAM LOCATIONS**

**ALL YOGA PRACTICE IN THE MAIN HOUSE**  
**ALL MEDITATION SESSIONS IN THE ROUND HOUSE**  
**ALL HEALING QIGONG IN THE MAIN HOUSE**  
**EVENING & AFTERNOON TAI CHI IN THE MAIN HOUSE**  
**MORNING TAI CHI OUTDOORS UNDER THE OAK TREE (WEATHER-PERMITTING)**  
**MASSAGES IN COB, SR. & COB, JR. EARTHEN BUILDINGS**