



write to heal retreat 2023 at Civana
daily schedule

	5/9 Tue	5/10 Wed	5/11 Thu	5/12 Fri	5/13 Sat
7 AM		7 Breakfast*	7 Breakfast*	7 Breakfast*	7 Breakfast* & Goodbyes
8		Civana Wellness Experiences** 8 – 8:15 Daily Intention Ceremony	Civana Wellness Experiences** 8 – 8:15 Daily Intention Ceremony	Civana Wellness Experiences** 8 – 8:15 Daily Intention Ceremony	Civana Wellness Experiences** 8 – 8:15 Daily Intention Ceremony
9					
10					
11		10:30 – 11:30 Mandala Meditation or Trauma-sensitive Care	10:30 – 11:30 The Science of Expressive Writing	10:30 – 11:30 Building a Resiliency Toolkit or Journeys of PTSD and Post-traumatic Growth	11 Checkout
12 PM	Arrivals (afternoon)	12 Lunch*	12 Lunch*	12 Lunch*	
1		1:15 – 3:15 1:1's with Christine Wolf (optional)	1:15 – 3:15 1:1's with Christine Wolf (optional)	1:15 – 3:15 1:1's with Christine Wolf (optional)	*Apply your \$300 food & beverage credit, or dine offsite
2					**Choose two daily wellness experiences: from mindfulness, movement, culinary, personal growth, to outdoor adventure and creative arts
3					Civana wellness classes
4		3:30 – 4:30 Mandala Meditation or Trauma-sensitive Care	3:30 – 4:30 The Science of Expressive Writing	3:30 – 4:30 Building a Resiliency Toolkit or Journeys of PTSD and Post-traumatic Growth	Book early for best selection!
5		5 – 5:15 Gratitude Circle	5 – 5:15 Gratitude Circle	5 – 5:15 Gratitude Circle	Schedule subject to change
6	6 – 7 Welcome Reception & Orientation	5:30 – 7 Write & Rest	5:30 – 7 Write & Rest	5:30 – 7 Write & Rest	
7	Dinner on your own*	7 Dinner & Sharing	7 Dinner & Sharing	7 Farewell Dinner	
8					

