

Sabatica

[Rest for your mind, body and soul]

FALL 2016

Friday, Sept. 23

- 3:00 – 5:30 **Registration**
[check in/meet & greet]
- 6:00 – 7:00 Dinner
- 7:00 – 8:00 **Opening Session**
[peace that endures]
- 8:00 – 8:15 Night Prayer
- 8:30 – 9:00 **Meditation**
[silent surrendering]

Saturday, Sept. 24

- 6:30 – 7:00 **Awaken the Dawn**
[morning prayer]
- 7:00 – 8:00 **Pilates with Sarina**
- 7:30 – 8:45 Breakfast
- 9:00 – 11:00 **Lectio Divina**
[peace through the Scriptures]
- 11:00 – 12:00 Solitude
- 12:00 – 1:30 Lunch
- 2:00 – 4:00 **Painting with Vernice**
- 4:15 – 5:00 Play Time/Photo Session
- 5:00 – 6:00 **Closing Session**
[take away & sweet farewell]

