

Summer Women's Writing Retreat

August 24-26, 2018 – Weekend of the Full Moon in Pisces

Friday

4:00 Arrive & Settle In
6:00 Orientation & Snacks
6:30 Opening Ceremony
7:00 Dinner
8:30 Writing Prompt: Intention Setting
9:30 Candles & Conversation

Saturday

7:00 Breakfast & Tarot
8:30 Morning Meditation
9:00 Morning Writing Prompt: My Higher Power
10:00 Independent Writing: Digging into My Roots
11:30 Lunch Break
12:30 Grounding Meditation
1:00 Afternoon Writing Prompt: Ancestral Awareness
1:30 Independent Writing: Mother Wounds
3:30 Activity: Affirmations
4:00 Relaxation Meditation
7:30 Dinner
8:30 Optional Meditation: Connecting with your Spirit Guides
9:30 Candles & Conversation

Sunday

7:00 Breakfast & Tarot
8:30 Morning Meditation
9:00 Morning Writing Prompt: Cycles of Life
9:30 Independent Writing: Cycles to End, Cycles to Maintain, Cycles to Start
10:30 Full Moon Ritual
12:00 Lunch Break & Independent Writing: Shedding Skin
2:00 Relaxation & Release Self-Care Ritual
4:00 Closing Circle

Specific Prompts and Exercises could change