



CREATIVE HEALING RETREAT

OCTOBER 1-3, 2010

at the Inn at Morro Bay, Morro Bay State Park

PROGRAM SCHEDULE

Friday, October 1:

5:00 - 6:15 p.m.: Registration and Check-in

6:15 - 7:45 p.m.: Dinner

7:45 - 10:00 p.m.: Get-acquainted circle

Saturday, October 2:

7:30 - 8:15 a.m.: Yoga with Shoosh

8:15 - 9:15 a.m.: Buffet Breakfast

9:15 - 11:45 a.m.: Collaging with Joanne Ruggles

11:45 - 2:15 p.m.: Walk (or drive) and Lunch (BAYSIDE CAFÉ)

2:15 - 3:00 p.m.: Free time

3:00 - 4:30 p.m.: Exhibits

4:30 - 5:30 p.m.: Free Time

5:30 - 7:00 p.m.: Dinner (with Guest Speaker)

7:00 - 10:00 p.m.: Percussion with Marisa Waddell (COALESCE)

Sunday, October 3:

7:30 - 8:15 a.m.: Yoga

8:15 - 9:15 a.m.: Buffet Breakfast

9:15 - 11:30 a.m.: Collaging / Percussion

11:30 - 12:00 noon: Concluding Remarks & Evaluation Forms

12:00 - 2:00 p.m.: Optional Retreat Reunion Luncheon

For further information CALL 805.771.8640

or VISIT www.enhancementinc.org for Retreat Applications.