

WELCOME TO THE 88th WEEKEND OF RECOVERY
At ALTA LODGE !!
September 19 – 21, 2021

SCHEDULE OF ACTIVITIES
(Subject to changes)

SUNDAY, September 19th

8:00 – 10 a.m.	Registration
10:00 – 10:30 a.m.	Welcome and Guidelines for Participation
10:30 - 11:15 a.m.	Co-creating Safety Guidelines
11:15 a.m. - 12:00 p.m.	Introducing Ourselves
12:00 - 12:45 p.m.	Introduction to Mind-Body Awareness
1:00 - 2:30 p.m.	Lunch
2:30 - 4:15 p.m.	First Small Groups
4:15 - 5:00 p.m.	Break
5:00 – 6:30 p.m.	Mind-Body Awareness (a continuation)
6:45 – 7:45 p.m.	Dinner -
7:45 – 9:00 p.m.	Small Group
9:00 p.m.	Journaling/Reflecting/Networking/T-Shirts/Bedtime
9:15 – 10:00 p.m.	Facilitator Meeting

MONDAY, September 20th

7:00 - 8:00 a.m.	<u>Optional</u> Walking Meditation
8:00 - 9:00 a.m.	Breakfast
9:00 - 9:15 a.m.	Check-In

9:15 - 9:45 a.m.	Preparing to Tell My Story
9:45 - 10:00 a.m.	Break & Walk to Small Group
10:00 a.m. - 12:00 noon	Telling My Story - Small Groups
12:00 - 12:30 p.m.	Break/Reflecting/Art
12:30 - 1:30 p.m.	Mindfulness Quiet Lunch
1:30 - 3:00 p.m.	Optional Hike T-Shirts/Art Work/Rest/Networking
3:00 - 5:00 p.m.	Developing Self-Compassion
5:00 – 5:15 p.m.	Break & Snacks & Walk to Small Group
5:15 - 6:15 p.m.	Small Groups
6:30 - 7:45 p.m.	Dinner
7:45 - 9:45 p.m.	Empowering Our Embodied Self
9:45 p.m.	Journaling/Reflecting/Networking/T-Shirts/Bedtime
9:45 p.m.	Facilitator Meeting

TUESDAY, June 6th (

7:00 - 8:00 a.m.	Optional Walking Meditation
8:00 – 9:00 a.m.	Breakfast
9:00 – 9:15 a.m.	Check-in
9:15 - 10:30 a.m.	Bridges to Home
10:30 - 10:45 a.m.	Break
10:45 a.m. - 12:45 p.m.	Last small group
12:45 – 2:00 p.m.	Lunch
2:00 – 3:00 p.m.	Closing Session Group Check-out