





CAMP BELKNAP
WOMEN'S RETREAT


20th Annual Women's Retreat
September 6-9, 2018
YMCA Camp Belknap

Please note this schedule was last updated on Sept 1, 2018 and is subject to change. We kindly ask that you arrive to the meals at the start time that is listed. Additionally, turn the page for each day's unique schedule.

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| THURSDAY Sept 6 | |
| 4:00 pm | Check-In at Conlon Lodge |
| 5:30-6:15 | Dinner |
| 7:00 -7:45 | Opening and Welcome Circle (Conlon Lodge with Steph) |
| 8:00-9:00 | Gentle Yoga (Conlon Lodge with Shelby) |
| 9:30 | Quiet Hours |

|  FRIDAY Sept 7 | | Option 1 | Option 2 | Option 3 | Option 4 |
|--|------------------------|--|--|---|--|
| Before 7:00am | Quiet Hours | Early Morning Coffee/Tea (starts at 6:45) | | | |
| 7:00-8:00am | 1 st Period | Awakening Gentle Yoga (Hall Lodge Roof Top with Shelby) | Early morning Canoe/Kayak (Cadet Beach with Annie) | Walk in the Woods (Meet at Dinning Hall with Chloe) | |
| 8:15-9:00am | Breakfast | | | | |
| 9:30-10:45 | 2nd Period | Archery (Archery Range with Chloe) | Cultivate Positive Energy (Middler Lodge with Lisa L) | Craft and Create (Craft Shop with Linda G.) | Sailing (Cadet Beach with Seri) |
| 11:00-12:15 | 3rd Period | Running with Nature (Meet Dinning Hall with Amey S.) | How to Rock Your World After Your World Has Been Rocked! (Conlon Lodge with Colleen S.) | Explore your True Colors (Craft Shop with Ashley J.) | Sailing (Cadet Beach with Seri) |
| 12:30-1:15 | Lunch | | | | |
| 2:30-3:30 | 4th Period | Ropes (Meet at Dinning Hall to Walk up to Ropes Together or meet at Climbing tower with Seri and Julie and Shannon as back-up) | Wow! The 20th Anniversary of Camp Belknap Women's Retreat in an 11/2 year (Conlon Lodge with Darlene C). | Watercolors and Mindfulness (Craft shop with Rebecca) | |
| 4:00-5:00 | 5 th Period | Gentle Kirpalu Yoga Flow (Conlon Lodge with Linda H.) | Psychic Medium Demonstration (Middler Lodge with Anne D.) | Kindness Rocks! (Craft shop with Pam) | Swim to Farm Island (Meet at Cadet Beach with Julie) |
| 5:30-6:15 | Dinner | | | | |
| 6:45-7:45 | 6 th Period | Sunset NYMCAH boat cruise (Main Dock with Linda G.)*Sign up on Dinning hall clipboard as space is limited | Sunset Paddle - Canoe/Kayak/paddle Board(Meet at Cadet Beach with Steph) | Plant Medicine (Conlon Lodge with Wendy) | |
| 8:00-9:00 | Late Night | Card and Board Games (Dinning Hall Self Guided - come and go as you would like- Games are on table) | New Moon Fire Ceremony (Woodcraft Circle with Mary N.) | | |
| 9:30 | Quiet Hours | | | | |

|  SATURDAY SEPT 8 | | Option 1 | Option 2 | Option 3 | Option 4 |
|--|------------------------|--|---|---|--|
| Before 7:00am | Quiet Hours | Early Morning Coffee/Tea (starts at 6:45) | | | |
| 7:00-8:00am | 1 st Period | Gentle Yoga (Hall Lodge Roof Top with Rebecca) | Early morning Canoe/Kayak (Cadet Beach with Chloe) | Morning 2-3 mile Run (Meet at Dinning Hall with Shannon) | |
| 8:15-9:00am | Breakfast | | | | |
| 9:30-10:45 | 2nd Period | Kundalini Yoga (Middler Lodge with Linda H.) | Heart Power and Miracles (Conlon Lodge with Lesley S.) | Shibori (Craft Shop with Anne H.) <i>This program continues until lunch if wanted.</i> | Archery (Archery Range with Julie) |
| 11:00-12:15 | 3rd Period | Survival Skills (Woodcraft circle with Julie) | The Power of Jupiter – Your power finger (Conlon Lodge with Marinna Rose) | Intermittent Fasting: How to lose weight, lower your blood sugar and decrease abdominal fat. (Middler Lodge with Jan) | Drum Circle (Senior Division Fire Ring with Darlene) |
| 12:30-1:15 | Lunch | | | | |
| 2:30-3:30 | 4th Period | Aqua-Fit Class (Main Dock with Val) | Heal your Inner Child with Gemstones (Conlon Lodge with Patti) | Nature Walk (Meet at Dinning Hall with Nancy L. and Annie) | Loving Kindness Meditation Collage Workshop (Craft shop/Roof Top Pata S. and Gail) Note this continues into 5 th period. |
| 4:00-5:00 | 5 th Period | Belly Dance (Conlon Lodge with Shannon) | Manifestation Magic (Middler Lodge with Karen L) | | Loving Kindness con't |
| 5:15-5:25 | Vespers | Vespers- A Moment Shared (In Outdoor Chapel with Steph) | | | |
| 5:30-6:15 | Dinner | | | | |
| 6:45-7:45 | 6 th Period | Sunset NYMCAH boat cruise (Main Dock with Linda G.)* Sign up on Dining Hall clipboard as space is limited. | Sunset Self Love Yoga (Roof Top with Shelly) | | |
| 8:00-9:00 | Late Night | Camp Fire Songs (at the Besserer Fire Circle with Ashley J and Seri) | | | |
| 9:30 | Quiet Hours | | | | |

|  SUNDAY SEPT 9 | | Option 1 | Option 2 | Option 3 | Option 4 |
|--|------------------------|---|--|---|---|
| Before 7:00am | Quiet Hours | Early Morning Coffee/Tea (starts at 6:45) | | | |
| 7:00- 8:00am | 1 st Period | Vigil (Meet Steph and Julie night prior for location and prompt – at 7:30 we will gather in Chapel for reflection) | Early morning Paddle (Cadet Beach with Annie) | | |
| 8:15- 9:00am | Breakfast | | | | |
| 9:30-10:45 | 2nd Period | Yoga (Rooftop with Shelby) | Your Leadership (Conlon Lodge with Steph) | Walk in the Woods (Meet at the Dining Hall with Seri) | Craft shop open, water front open, enjoy! |
| 11:00-12:15 | 3rd Period | Closing circle (Conlon Lodge with Steph) | | | |
| 12:30-1:15 | Lunch | | | | |
| | Until we meet again... | | | | |