



CAMP BELKNAP  
WOMEN'S RETREAT

21<sup>st</sup> Annual Women's Retreat  
September 5-8, 2019  
YMCA Camp Belknap

Please note this schedule was last updated on Aug 21, 2019 and is subject to change. We kindly ask that you arrive to the meals in the dining hall at the start time that is listed. Additionally, turn the page for each day's unique schedule.

<b>THURSDAY</b>	
<b>Sept 5</b>	
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 Shakti)
10:00	Quiet Hours

<b>FRIDAY Sept 6</b>		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	Sunrise Program	Gentle Yoga (Hall Lodge Roof Top with Rebecca)	Early morning Canoe/Kayak (Cadet Beach with Chloe)	Walk in the Woods/Tour (Meet at Dining Hall with Camp Staff)	
8:15-9:00am	Breakfast				
9:30-10:45	1 <sup>st</sup> Period	Climbing Tower (Rope Course/Tower with Seri)	The Energy of Intentions- Tools 4 Creating a Life you Love (Conlon Lodge with Danielle C.)	Cold Press Soap Making (Craft Shop with Wendy)	Paddle around Farm Island (Cadet Beach with Kate)
11:00-12:15	2 <sup>nd</sup> Period	Climbing Tower (Rope Course/Tower with Seri)	Understanding your Life Path- What's your soul here to learn (Conlon Lodge with Dorothy M.)	Writing for Healing (Middler Lodge with Pata)	African Drumming (Hurricane Lodge or outside with Lisa) *Sign up on Dining hall clipboard as space is limited
12:30-1:15	Lunch				
2:15-3:30	3 <sup>rd</sup> Period	Archery (Archery Range with Kate)	Psychic Medium Demonstration (Conlon Lodge with Anne D)	Herbs for Women's Health (Middler Lodge with Chanel)	<i>Paddle boat, boards available to take out. Craft shop open to create on own.</i>
4:00-5:15	4 <sup>th</sup> Period	Swim To Farm Island (Cadet Beach with Annie)	Learn to Belly Dance (Conlon Lodge with Shannon D.)	Zendoodle (Craft shop with Lisa B)	Nature Walk (Meet at Dining Hall with Nancy L.)
5:30-6:15	Dinner				
6:45-7:45	6 <sup>th</sup> Period	Sunset NYMCAH boat cruise (Main Dock with Linda G.)*Sign up on Dining hall clipboard as space is limited	Sunset Pontoon Ride (Main dock with Julie) *Sign up on Dining hall clipboard as space is limited		
8:00-9:00	Late Night	Evening of Story and Song (Conlon Lodge with Caroline Cotter)			
9:00-9:30	Later Night	Songs around the Fire (Middler Division Inferno/Fire Fit with Ashley J)			
10:00 pm	Quiet Hours				

<b>SATURDAY SEPT 7</b>		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	Sunrise Program	Stretch and Paddle (Cadet Beach with Cassy D.)	Singing Bowl Meditation (Conlon Lodge with Chloe)	Sunrise Yoga (Hall Lodge Roof Top with Sunnie)	Morning Jog (Meet at Dining Hall with Shannon)
8:15-9:00am	Breakfast				
9:30-10:45	1 <sup>st</sup> Period	Low Ropes Course (Meet at Dining Hall to walk with Julie & Kate)	Yoga and Mindfulness (Conlon Lodge with Amy K.)	Nature Communication and Land Healing (Middler Lodge with Kara B.)	Bath Salts (Craft Shop with Amey S.)
11:00-12:15	2 <sup>nd</sup> Period	Sailing (Sailing Beach with Seri and Linda)	Release Anxiety and Fears using a very specially curated modality that combines energy healing, EFT and aromatherapy (Conlon Lodge with Padma)	Core Beliefs (Middler Lodge with Karen L.)	Glass Craft (Craft Shop with Linda)
12:30-1:15	Lunch	GROUP PHOTO @ 12:25 in the Outdoor Chapel			
2:15-3:30	3 <sup>rd</sup> Period	Water time Hang out on Main Dock (Main Dock with Annie)	Reiki Share (Conlon Lodge with Pata and Nancy)	Learn to heal your pet and yourself with Gemstones (Middler Lodge with Patti)	Sun Printing (Craft shop/Roof Top Anne H.) Note this continues into 5 <sup>th</sup> period.
4:00-5:15	4 <sup>th</sup> Period	Stand up Paddle Board Yoga (Cadet Beach with Mindy H) *Sign up on Dining hall clipboard as space is limited	The Importance of Roots (Conlon Lodge with Darlene C.)	Fun and Easy Way to add more joy to your life (Junior Lodge with Helen F.)	Nature Journaling (Outdoor Chapel with Steph)
5:15-5:25	Vespers	Vespers- A Moment Shared (In Outdoor Chapel with Camp Staff)			
5:30-6:15	Dinner				
6:45-7:45	5 <sup>th</sup> Period	Sunset NYMCAH boat cruise (Main Dock with Linda) *Sign up on Dining Hall clipboard as space is limited.	Sunset Pontoon Ride (Main dock with Seri) *Sign up on Dining hall clipboard as space is limited	Sunset Kayak/Canoe (Cadet Beach with Steph)	
8:00-9:00	Late Night	Fire Ceremony and Drumming (Woodcraft Circle with Mary and Darlene D.)	Learn American Sign Language (Conlon Lodge with Mari)		
9:00 -10:00	Later Night	Messer Inferno Fire (Fire Pit in Middler Division Usual Crew)			
10:00pm	Quiet Hours				

<b>SUNDAY SEPT 8</b>		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	Sunrise Program	Sunrise Yoga (Hall Lodge Roof Top with Sunnie)	Vigil (Meet Steph night prior for location and prompt – at 7:30 we will gather in Chapel for reflection)	Stand up Paddle Board Yoga (Cadet Beach with Mindy H) *Sign up on Dining hall clipboard as space is limited	
8:15- 9:00am	Breakfast				
9:30-10:45	1 <sup>st</sup> Period	Self Love Yoga (Rooftop with Shelly G.)	My UFO Encounter (Conlon Lodge with Marinna)	The 4 Agreements- Personal Guide to Freedom (Middler Lodge with Jan A.)	Sailing (Sailing Beach with Seri & Linda)
11:00-12:15	2 <sup>nd</sup> Period	Closing circle (Conlon Lodge with Steph)			
12:30-1:15	Lunch				
	Until we meet again...				