

# Women's Retreat

## September 13-15, 2019

Speaker - Shaunti Feldhahn

### Friday Evening <sup>Sep 13</sup>

- 4:00-7:00 Check-in at Spruce Lodge
- Massage sessions
- 6:00 Dinner
- 7:00-8:30 Session 1 - Shaunti Feldhahn - Lakeview Program Center
- 8:30 Coffeehouse - following session

### Saturday <sup>Sep 14</sup>

- 8:00 Breakfast
- 9:00-10:45 Session 2 - Shaunti Feldhahn - Lakeview Program Center
- 10:45 Morning break
- 11:00 Session 2 continues
- 12:00 Lunch
- 1:00-5:00 Afternoon Recreation & Activities:
- Massage sessions
  - Nature Center, Snack Shop and Gift Shop open
  - Adventure Activities
  - Spruce Lake recreation & craft
- 6:00 Dinner
- 7:15-8:30 Session 3 - Shaunti Feldhahn - Lakeview Program Center
- 8:45-9:30 Concert
- Evening Activities, campfire & wagon rides after concert

### Sunday <sup>Sep 15</sup>

- 8:00 Breakfast
- 9:10-10:15 Breakout options - Lakeview Program Center
- 10:15-10:30 Morning break
- 10:30-12:00 Session 4 - Shaunti Feldhahn - Lakeview Program Center
- 12:00-1:00 Lunch
- 1:00-2:00 Massage sessions

**Room CHECKOUT 7:00 a.m. - NOON Sunday**