



SURRENDER SCHOOL

Recovering Together: A Compassionate Journey

Surrender School Retreat Schedule

Friday, June 12

- 3:00 PM** – Check-in to Hotel & Retreat
 - 5:00 PM** – Dinner
 - 6:00 PM** – Welcome & Introductions
 - 6:30 PM** – Gentle Yoga: Grounding & Presence in the Body *with Becca*
 - 7:30 PM** – Compassion for Myself, Part 1: My Child Within *with Richard*
 - 9:00 PM** – Free Time / Rest
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Saturday, June 13

- 7:00 AM** – Morning Yoga: Attunement & Softening the Heart *with Becca*
 - 8:00 AM** – Breakfast
 - 9:00 AM** – Surrender School's Journey: Our Journey & What's Ahead *with Joy & Dave*
 - 9:30 AM** – Packing for Your Journey: What to Take & What to Leave Behind *with Linda*
 - 12:00 PM** – Lunch
 - 1:00 PM** – Quest Assessment: Enneagram Type Discovery (optional for those unsure of their type)
 - 1:30 PM** – The Enneagram & Recovery: Two Roads Converge *with Cher*
 - 3:30 PM** – Raffle
 - 4:00 PM** – Free Time
 - 5:00 PM** – Dinner
 - 6:00 PM** – The Hero's Journey: The Enneagram As Spiritual Map *with Steven Kalas*
 - 9:00 PM** – Free Time / Rest
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Sunday, June 14

- 7:00 AM** – Morning Practice: Spaciousness, Clarity & Mindful Presence *with Becca*
- 8:00 AM** – Breakfast
- 9:00 AM** – Compassion for Myself, Part 2: My Critic Within *with Richard*
- 10:30 AM** – Closing Shares & Farewell