



Recovering Together: A Compassionate Journey

SURRENDER SCHOOL

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*

7:00 PM – Compassion for Myself, Part 1: My Child Within *with Richard*

8:30 PM – Free Time / Rest

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

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