

Eyes Wide Open Retreat Schedule

Friday ~ October 29, 2010:

6:00pm ~ 6:45pm	Arrival to Sienna Center and Room Check-in
7:00pm	Welcome
8:15pm	Meditation
8:30pm	Break with snack
8:45pm	The Art of Adornment by Lisa Gorman & assistant ~ Sage McCormick
10:00pm	Quiet Time

Saturday ~ October 30, 2010:

7:00am	Optional Beginners Tai Chi
8:00am	Breakfast
9:30am	Mysteries of the Labyrinth by Sister Kathleen
10:30am	Break with snack
10:45am	Walking the Labyrinth
11:00am	Exploring Emotions & Intuition
12:00pm	Lunch
12:30pm	Free Time
1:30pm	Styles of Self Expression by Stephanie Gentz ~ Mary Kay Consultant
3:00pm	Break with snack
3:30pm	Foods, Moods & Health
5:00pm	Dress for Supper
5:30pm	Supper
7:00pm	Winds of Change
8:30pm	Break with snack
9:00pm	Nurturing Mind, Body & Soul by Kristy Schaff
10:00pm	Quiet Time

Sunday ~ October 31, 2010:

7:00am	Optional Beginners Tai Chi
8:00am	Breakfast
9:30am	Closing Ceremony

Retreat Sponsors:



Imagine a store where you can choose from thousands of beads in an endless array of designs and sizes. We are THE bead store in the Midwest. With over a decade of experience, the knowledgeable Ectica staff can assist you in the selection of beads and supplies, or consult with you about your interest in a new technique or project. We are located in the Galleria West Shopping Center in Brookfield, Wisconsin.