

# 12 Step Buddhist Breitenbush Retreat

## Schedule of Activities

Time	Friday	Location	Time	Saturday	Location	Time	Sunday	Location	Ongoing By Appt
			6:00 AM	Zen Meditation	Forest Shelter	6:00 AM	Zen Meditation	Forest Shelter	Forest Shelter
<b>Weekend Presenters</b>			6:30 AM	QiGong	Forest Shelter	6:30 AM	QiGong	Forest Shelter	
	Acupuncture - Daniel Espiritu L.Ac		7:00 AM	Recovery Yoqa	North Wing	7:00 AM	Recovery Yoqa	North Wing	<b>*Acupuncture (private sessions)</b>
	Art Therapy - Cheri Epstein								<i>*additional fee for services</i>
	OiGong - Daniel Espiritu		8:00 AM	Breakfast	Main Lodge	8:00 AM	Breakfast	Main Lodge	\$5/5NP (group ear-only session)
	Recovery Yoqa - Kyczy Hawk								\$20 / 30-min (private session)
	Zen - Mike Papas								\$40 / 60-min (private session)
			9:30 AM	<b>12 STEP BUDDHIST</b>	North Wing	9:30 AM	<b>12 STEP BUDDHIST</b>	North Wing	
				Aspect Dialogs			Aspect Dialogs		<b>*Art Therapy (couples sessions)</b>
									<i>*nominal fee for art materials</i>
						11:00 AM	<b>12 STEP BUDDHIST</b>	North Wing	
			11:30 AM	<b>GUEST PRESENTER</b> Art Therapy	North Wing		Reflection		
			1:00 PM	Lunch	Main Lodge	1:00 PM	<b>CHECKOUT</b>	Main Lodge	
							Lunch		
			2:00 PM	Mindful Zen Walk	Forest Shelter	2:00 PM	Free Time		
			3:00 PM	<b>GUEST PRESENTER</b> Recovery Yoqa	North Wing				
						3:00 PM	<b>LEAVE FACILITY</b>		
4:00 PM	<b>ARRIVAL</b> Checkins/Cabins	Main Lodge							
6:00 PM	Dinner	Main Lodge	6:00 PM	Dinner	Main Lodge				
7:30 PM	<b>BREITENBUSH</b> Orientation	North Wing	7:00 PM	Mindful Zen Walk	Forest Shelter				
8:30 PM	<b>12 STEP BUDDHIST</b> Presenter Intros Participant Intros	North Wing	8:00 PM	<b>12 STEP BUDDHIST</b> Aspect Dialogs	North Wing				
10:00 PM	Free Time Hottubbing	North Wing	10:00 PM	Free Time Games Hottubbing	North Wing				

*\*All activities are FREE of charge unless otherwise indicated*