

Coming Home to Self, November 14th – November 16th
Light on the Hill Retreat Center, Van Etten, NY

| Friday, November 14th | | |
|--------------------------------|---|------------------------|
| 3:00pm – 4:00pm | Arrival & Registration Settle into your room Rest Explore the Grounds or Meditation Chapel | Main Entrance Foyer |
| 4:00pm – 6:00pm | Welcome, Settling in, Overview & Introductions | Main Meeting Room |
| 6:00pm – 7:00pm | Dinner | Dining Hall |
| 7:30pm – 9:00pm | Sound Healing with Damon, Amara, Jay & friends | Main Meeting Room |
| Saturday, November 15th | | |
| 7:30am – 8:00am | Still Space Meditation with Ravindra (Optional) | Main Meeting Room |
| 8:00am – 9:00am | Breakfast | Dining Hall |
| 9:00am – 10:30am | The Rocks We Push | Main Meeting Room |
| 10:30am – 10:45am | Break | |
| 10:45am – 12:15pm | Concurrent Sessions: Outdoor Session: Meditative Nature Walk OR Indoor Session: The Real Work, Working with Clay | Grounds Dining Hall |
| 12:15pm – 1:30pm | Lunch & Unstructured time | Dining Hall |
| 1:30pm – 4:15pm | Discernment Circle Triads | Main Meeting Room |
| 4:15pm – 6:00pm | Unstructured time, Optional Sign up for Reiki and Chair Massage Sessions | TBD |
| 6:00pm – 7:00pm | Dinner | Dining Hall |
| 7:30pm – 9:00pm | Reiki Healing Sessions by Ravindra Chair Massage by Amara Outdoor Fire Circle (Weather Permitting) Art/Crafts/Tea in the Kitchen | |
| Sunday, November 16th | | |
| 7:30am – 8:00am | Breath/Movement with Amara (Optional) | Main Meeting Room |
| 8:00am – 9:00am | Breakfast | Dining Hall |
| 9:00am – 10:45am | The Wonder of Small Things | Main Meeting Room |
| 10:45am – 11:30am | Break, housekeeping, Group Photo | |
| 11:30am – 12:15pm | Gratitude & Closing | Main Meeting Room |
| 12:15pm – 1pm | Lunch & Travel Home | Dining Hall |