



support healing, activate hope, promote thriving

Joy in Our Hearts: Unlocking the Heart of Healing
Westerbeke Ranch, Sonoma, CA
November 6 – 8, 2016

Retreat Schedule

Sunday, November 6, 2016

4:00 Arrival time

6:00 Orientation from Westerbeke Staff

6:30 Dinner

7:30 – 9:00 Session 1

7:30 Karen Drucker – Creating a Container for the Retreat

8:00 Bridget Hughes – The 6 Keys to Unlocking the Heart of Healing

Monday, November 7, 2016

8:00 Breakfast

9:30 – 12:30 Session 2

9:30 Karen Drucker – Transform Your Body, Mind and Spirit Through Music

10:55 Break

11:05 Bridget Hughes – Craft a Feeling Mantra

12:30 Lunch

1:30 Free time

4:30 – 6:00 Session 3

Bridget Hughes – Using the HeartMindBody Connection to Heal

6:30 Dinner

7:45 – 9:00 Session 4

Karen Drucker – Writing Your Own Personal Affirmation Chant

Tuesday, November 8, 2016

8:00 Breakfast

9:30 – 12:30 Session 5

9:30 Karen Drucker – Morning Bliss

10:30 Bridget Hughes – Connecting to the Sacred Pulse of Life

11:30 Karen Drucker – Closing Ceremony: What are You Taking Home with You?

12:30 Lunch

3:00 Depart