

# *SCHEDULE OF EVENTS for WINTER RETREAT 2024*

## **Friday February 16<sup>th</sup>**

4:00 – 5:00	Check in	
5:00 – 6:00	<b>Welcoming &amp; Practice</b>	Brad Bennett & Gloria Matuszewski
6:30 – 7:30	<b>Dinner</b>	
7:30 – 10:00	Socializing in Casa Nueva	

## **Saturday February 17<sup>th</sup>**

6:15 – 7:00	Silent Meditation	
7:15 – 8:00	<b>Waking Up Qi</b>	Kat Brown
8:00 – 9:00	<b>Breakfast</b>	
9:20 – 10:10	<b>From the Center</b>	Nora Privitera & Kat Brown
10:10 – 10:20	<b>Break</b>	
10:20 – 11:10	<b>Fun with Figure 8s</b>	Catherine Holder
11:10 – 11:25	<b>Break</b>	
11:25 – 12:00	<b>Practice</b>	Brown, Privitera, & Holder
12:00 – 12:30	Group photos	
12:30 – 1:30	<b>Lunch</b>	
2:30 – 3:30	<b>Zoom Form Tour</b>	Brad Bennett
Sunset	<b>Sunset practice</b>	Roy deGorog
6:30 – 7:30	<b>Dinner</b>	
8:00 – 8:30	<b>KH&amp;W publishing update</b>	Jeffery Gersten
8:30 – 10:00	<b>Free time</b>	

## **Sunday February 18<sup>th</sup>**

6:15 – 7:00	Silent Meditation	
7:15 – 8:00	<b>Qi Gong</b>	Jeffery Gersten
8:00 – 9:00	<b>Breakfast</b>	
9:20 – 10:05	<b>Opening the Qua in Continuous Punch</b>	Patrick Johnson
10:05 – 10:15	<b>Break</b>	
10:15 – 11:00	<b>Slowing Down</b>	Brian Beveridge
11:00 – 11:10	<b>Break</b>	
11:10 – 11:55	<b>Coming Back to Center</b>	Jeffery Gersten & Brad Bennett
11:55 – 12:05	<b>Break</b>	
12:05 – 12:30	<b>Practice</b>	Beveridge, Gersten, Bennett, & Johnson
12:30 – 1:30	<b>Lunch</b>	
1:30 – 5:00	Free time	
Sunset	<b>Sunset practice</b>	Michael Banister
6:30 – 7:30	<b>Dinner</b>	
8:00 – 10:00 pm	<b><u>Party &amp; Talent Show</u></b>	

## **Monday February 19<sup>th</sup>**

6:15 – 7:00	Silent Meditation	
7:15 – 8:00	<b>Yoga</b>	Yofe Johnson
8:00 – 10:00	Breakfast and Check out	
10:00 – 11:00	<b>Integration</b>	Brad Bennett
10:45 – 11:00	<b>Break</b>	
11:00 – 12:15	Rotating Practice	
12:30 – 1:30	<b>Lunch and Farewells</b>	

## **General Information**

### **Check In**

Arrive 4 - 5 pm Friday, room assignments posted by Dining Room. Check out of rooms by 10 am Monday but you can stay until 3 pm.

### **Meals**

Our first meal served is dinner on Friday at 6:30 pm. Our last meal is lunch Thursday at 12:30 pm.



Classes and Social Events are in Casa Nueva

See you at the Reunion

Westerbeke Ranch Park  
Sonoma, CA

June 16<sup>th</sup> – 20<sup>th</sup>, 2024

*Cloud Hands West*