

SCHEDULE OF EVENTS for WINTER RETREAT 2020

Friday February 14th

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

Saturday February 15th

6:45 – 7:05	Silent Meditation	
7:15 – 8:00	Waking Up Qi	Kat Brown
8:00 – 9:00	<i>Breakfast</i>	
9:20 – 10:10	From the Center	Brad Bennett
10:10 – 10:20	<i>Break</i>	
10:20 – 11:10	Sinking Lower for Higher Chi	Suzanne Roth
11:10 – 11:25	<i>Break</i>	
11:25 – 12:00	Practice	Suzanne Roth & Brad Bennett
12:00 – 12:30	Group photos	
12:30 – 1:30	<i>Lunch</i>	
2:30 – 3:30	The Undulating Spine	Kat Brown
Sunset	Sunset practice	Barbara Dwyer
6:30 – 7:30	<i>Dinner</i>	
8:00 – 10:00	<i>Free time</i>	

Sunday February 16th

6:45 – 7:05	Silent Meditation	
7:15 – 8:00	Somatics	Brad Bennett
8:00 – 9:00	<i>Breakfast</i>	
9:20 – 10:05	Mirrored Movements of Parts 2 & 3	Catherine Holder
10:05 – 10:15	<i>Break</i>	
10:15 – 10:50	Breath & Yin Gathering	Brian Beveridge
10:50 – 11:00	<i>Break</i>	
11:00 – 11:35	Yin, More Yin	Patrick Johnson
11:35 – 11:45	<i>Break</i>	
11:45 – 12:30	From the Center Again	Nora Privitera
12:30 – 1:30	<i>Lunch</i>	
1:30 – 5:00	Free time	
Sunset	Sunset practice	Michael Banister
6:30 – 7:00	<i>Dinner</i>	
8:00 – 10:00 pm	<u>Party & Talent Show</u>	

Monday February 17th

6:45 – 7:05	Silent Meditation	
7:15 – 8:00	Yoga	Yofe Johnson
8:00 – 10:00	Breakfast and Check out	
10:00 – 11:00	Putting it all Together	Nora Privitera
10:45 – 11:00	<i>Break</i>	
11:00 – 12:15	Practice	
12:30 – 1:30	<i>Lunch and Farewells</i>	

General Information

Check In

Check in 4 - 5 pm Friday **at the registration desk**.
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 Monday at 12:30 pm.



Classes and Social Events are in Casa Nueva

See you at the Reunion

Westerbeke Ranch Park
Sonoma, CA

June 21st – 25th, 2020

Cloud Hands West