

# *SCHEDULE OF EVENTS for WINTER RETREAT 2022*

## **Monday February 21<sup>st</sup>**

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

## **Tuesday February 22<sup>nd</sup>**

6:45 – 7:05	Silent Meditation
7:15 – 8:00	<b>Waking Up Qi</b> Kat Brown
8:00 – 9:00	<i>Breakfast</i>
9:20 – 10:10	<b>Gathering and Releasing</b> Brian Beveridge
10:10 – 10:20	<i>Break</i>
10:20 – 11:10	<b>Tai Chi in Three Dimensions</b> Suzanne Roth
11:10 – 11:25	<i>Break</i>
11:25 – 12:00	<b>Practice</b> Suzanne Roth
12:00 – 12:30	Group photos
12:30 – 1:30	<i>Lunch</i>
2:30 – 3:30	<b>Introducing the Zoom Form</b> Brad Bennett
Sunset	<b>Sunset practice</b> Kat Brown & Jeffery Gersten
6:30 – 7:30	<i>Dinner</i>
8:00 – 8:30	KH&W publishing update Kat Brown
8:30 – 10:00	<i>Free time</i>

## **Wednesday February 23<sup>rd</sup>**

6:45 – 7:05	Silent Meditation
7:15 – 8:00	<b>Qi Gung</b> Jeffery Gersten
8:00 – 9:00	<i>Breakfast</i>
9:20 – 10:10	<b>Slow, Low, and Rooted</b> Nora Privitera
10:10 – 10:20	<i>Break</i>
10:20 – 10:50	<b>Finding rhythm, being grounded, &amp; going slow</b> Jeffery Gersten & Kat Brown
10:50 – 11:00	<i>Break</i>
11:00 – 11:50	<b>Let It Flow: Exploring whole body continuous movement</b> Barbara Alderson
11:50 – 12:00	<i>Break</i>
12:00 – 12:30	<b>Practice</b> Nora Privitera
12:30 – 1:30	<i>Lunch</i>
1:30 – 5:00	Free time
Sunset	<b>Sunset practice</b> Michael Banister
6:30 – 7:30	<i>Dinner</i>
8:00 – 10:00 pm	<b><u>Party &amp; Talent Show</u></b>

## **Thursday February 24<sup>th</sup>**

6:45 – 7:05	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	<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 Monday **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 Monday 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 12<sup>st</sup> – 16<sup>th</sup>, 2022

*Cloud Hands West*