

SCHEDULE OF EVENTS for WINTER RETREAT 2023

Monday February 13th

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

Tuesday February 14th

6:30 – 7:00	Silent Meditation
7:15 – 8:00	Waking Up Qi Kat Brown
8:00 – 9:00	<i>Breakfast</i>
9:20 – 10:10	Dance of the Spiraling Hands Suzanne Roth
10:10 – 10:20	<i>Break</i>
10:20 – 11:10	Wave and Flow Barbara Alderson
11:10 – 11:25	<i>Break</i>
11:25 – 12:00	Practice Barbara Alderson & Suzanne Roth
12:00 – 12:30	Group photos
12:30 – 1:30	<i>Lunch</i>
2:30 – 3:30	The Mindful Zoom Form Brad Bennett
Sunset	Sunset practice 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 15th

6:30 – 7:00	Silent Meditation
7:15 – 8:00	Qi Gung Jeffery Gersten
8:00 – 9:00	<i>Breakfast</i>
9:20 – 10:05	Water Wisdom & the Five Bows Nora Privitera
10:05 – 10:15	<i>Break</i>
10:15 – 11:00	Opening the Kua Patrick Johnson
11:00 – 11:10	<i>Break</i>
11:10 – 11:55	Coming Back to Center Kat Brown
11:55 – 12:05	<i>Mini Break</i>
12:05 – 12:30	Practice K Brown, N Privitera, P. Johnson
12:30 – 1:30	<i>Lunch</i>
1:30 – 5:00	Free time
Sunset	Sunset practice Michael Banister
6:30 – 7:30	<i>Dinner</i>
8:00 – 10:00 pm	<u>Party & Talent Show</u>

Thursday February 16th

6:30 – 7:00	Silent Meditation
7:15 – 8:00	Yoga Yofe Johnson
8:00 – 10:00	Breakfast and Check out
10:00 – 11:00	Integration Brad Bennett
10:45 – 11:00	<i>Break</i>
11:00 – 12:15	Rotating 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 18th - 22nd, 2023

Cloud Hands West