

Shifting Through the Seasons: Moving Body & Spirit into Winter

Anna Howard Shaw Center Retreat
October 26, 2013



Agenda

- 10:15-10:45 Breakfast, Socializing, and Introductions (meet our AHSC Board Members!)
- 10:45-11:30 Opening Worship: Moving the Body & Spirit
- 11:30-12:30 In Tune with Nature: Learning to Fox Walk and Outdoor Play
- 12:30-1:00 Reflections on Moving into Winter
- 1:00-1:15 Break
- 1:15-2:30 Lunch and (optional) Study Break
- 2:30-3:00 Relaxing Guided Meditation
- 3:00-4:00 Unfogging Winter's Woes using Mini-Clearness Committees
- 4:00-5:15 Creative Winter Self Care Practices
- 5:15-5:45 Closing Worship: Sunset Candlelit Hymn Sing
- 5:45-6:00 Shuttle rides to the bus stop (optional)

We are incredibly blessed to have you with us in renewing this wonderful tradition.

"I have everything in the world that is necessary to happiness, good faith, good friends and all the work I can possibly do..." - Anna Howard Shaw