



# Writer's Retreat Schedule

## Taos - July 2016

The items bolded are times Jen would really like you to be there.

There is free time every afternoon and that is the time for shopping, hiking, hanging out, napping, walking the labyrinth, and more writing. The morning writing times are for writing or other art making only.

### Arrival Day

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|----------------------|--|
| 3:00 - 7:00pm        | Check In – find your room, wander the grounds, have a cup of tea. Let yourself <i>land</i> . |
| 4:30 - 5:30pm        | All Levels No Experience Required Gentle Yoga Class – great way to decompress!               |
| 6:00 - 6:30pm        | Uncocktail cocktail hour – meet your new friends   |
| 6:30 - 7:30pm        | Dinner   |
| <b>7:30 - 9:30pm</b> | <b>Opening Circle – Bring your journal</b>   |

### Day 1

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|------------------------|---|
| 7:00 - 7:45am          | Dance Yourself Awake (free form dance w/Jen) (often people's very favorite part of the retreat) followed by a brief meditation                                      |
| 8:00 - 8:45am          | Breakfast (you don't have to come right at the beginning)   |
| <b>9:00 - 9:30am</b>   | <b>Writing Warm Ups with Jennifer</b> (Please bring the reading book you have chosen to read to all morning writing sessions. Of course, this is an optional read.) |
| <b>10:30 - 11:00am</b> | <b>Very brief check-in with your small group</b>  |
| <b>11:00 - 12:30pm</b> | <b>WRITING TIME</b> (Jen's under the pergola for pep talks if you get scared or stuck)  |
| 12:30 - 1:30pm         | Lunch (You can write during this time or carry your lunch to wherever you want—including your room. You don't have to be social!)                                   |

2:00 - 4:00pm	Learning to Befriend Your Critical Selves
4:30 - 5:45pm	All-Level Yoga
6:00 - 7:00pm	Dinner
<b>7:00 - 8:00pm</b>	<b>Evening Council</b>

## Day 2

7:00 - 7:45am	Dance Yourself Awake (free form dance w/Jen) (often people's very favorite part of the retreat) followed by a brief meditation
8:00 - 8:45am	Breakfast (you don't have to come right at the beginning)
<b>9:00 - 9:30am</b>	<b>Very brief check-in with your small group</b>
9:30 - 10:30am	Writing magic starter stuff (Please bring the reading book you have chosen to read to all morning writing sessions. Of course, this is an optional read.)
<b>10:30 - 12:30pm</b>	<b>WRITING TIME</b> (Letting yourself stay with the process with tender self-regard)
12:30 - 1:30pm	Lunch
1:30 - 3:00pm	Workshop with Guest Teacher
4:30 - 5:45pm	All-Level Yoga
6:00 - 7:00pm	Dinner
<b>7:00 - 8:00pm</b>	<b>Evening Council</b>

## Day 3

7:00 - 7:45am	Dance Yourself Awake followed by brief meditation
8:00 - 8:45am	Breakfast (you don't have to come right at the beginning)
<b>9:00 - 9:30am</b>	<b>Very brief check-in with your small group</b>
9:30 - 10:30am	Writing magic starter stuff (Please bring the reading book you have chosen to read to all morning writing sessions. Of course, this is an optional read.)
<b>10:30 - 12:30pm</b>	<b>WRITING TIME</b> (Come ask for help if you need it!)
12:30 - 1:30pm	Lunch

1:30 - 4:00pm	Free time! We will have ideas for you to choose from. (I ask that you return for council after our free afternoon. It helps us all come back together.)
4:30 - 5:45pm	All-Level Yoga
6:00 - 7:00pm	Dinner
<b>7:00 - 8:00pm</b>	<b>Evening Council</b>

## Day 4

7:00 - 7:45am	Dance Yourself Awake followed by brief meditation
8:00 - 8:45am	Breakfast (you don't have to come right at the beginning)
<b>9:00 - 9:30am</b>	<b>Very brief check-in with your small group</b>
9:30 - 10:00am	Writing magic starter stuff to make your writing easier!
<b>10:00 - 12:30pm</b>	<b>WRITING TIME (you can do it!)</b>
12:30 - 1:30pm	Lunch
1:30 - 3:00pm	Finding the Structure that Supports Your Story
4:30 - 5:45pm	All-Level Yoga
6:00 - 7:00pm	Dinner
<b>7:00 - 8:00pm</b>	<b>Evening Council</b>
8:00pm - on	Optional time to share your writing with each other

## Day 5

7:00 - 7:45am	Dance Yourself Awake followed by brief meditation
8:00 - 8:45am	Breakfast (you don't have to come right at the beginning)
<b>9:00 - 9:30am</b>	<b>Very brief check-in with your small group</b>
9:30 - 10:00am	Writing magic starter stuff to make your writing easier!
<b>10:00 - 12:30pm</b>	<b>WRITING TIME (you are doing it!)</b>
12:30 - 1:30pm	Lunch
1:30 - 4:15pm	Collage Your Writing project
4:30 - 5:45pm	All-Level Yoga

6:00 - 7:00pm	Dinner
7:00 - 8:00pm	Evening Council
8:00pm - on	Optional time to share more of your writing with each other

## Day 6

7:00 - 7:45am	Dance Yourself Awake followed by brief meditation
8:00 - 9:00am	BREAKFAST / Check out (pack up and return your key before we begin; for those of you using the shuttle, it will pick you up at the classroom)
9:00 - 11:30am	Taking the Mojo Home & Closing ( <i>powerful don't miss it if you can!</i> )