

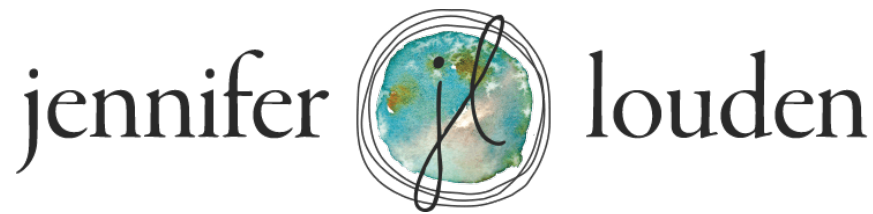
Writer's Retreat Schedule Taos - 2018

Please note that this is a sample schedule. It is not set in stone - yet - but it is very similar to what we've done in the past so it's a great sneak peek.

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 land. |
| 4:30 - 5:30pm | All Levels No Experience Required Gentle Yoga Class - great way to decompress! |
| 6:00 - 6:30pm | Un-cocktail cocktail hour - meet your new friends |
| 6:30 - 7:30pm | Dinner |
| 7:30 - 9:30pm | Opening Circle - Bring your journal |



Day 1

- 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)
- 9:00 - 9:30am Writing Warm Ups with Jennifer (Please bring the reading book you have chosen to read to all morning writing sessions. Of course, this is an optional read.)
- 10:30 - 11:00am Very brief check-in with your small group
- 11:00 - 12:30pm **WRITING TIME** (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
- 7:00 - 8:00pm Evening Council



Day 2

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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) |
| 9:00 - 9:30am | Very brief check-in with your small group |
| 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.) |
| 10:30 - 12:30pm | WRITING TIME (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 |
| 7:00 - 8:00pm | Evening Council |



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) |
| 9:00 - 9:30am | Very brief check-in with your small group |
| 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.) |
| 10:30 - 12:30pm | WRITING TIME (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 |
| 7:00 - 8:00pm | Evening Council |



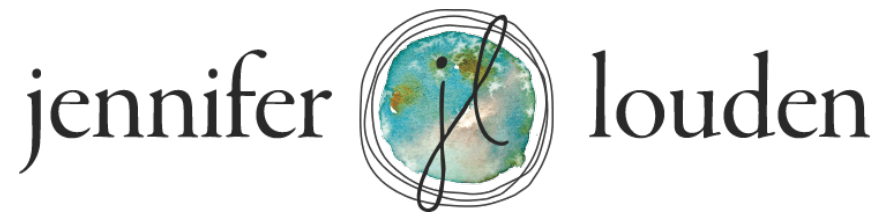
Day 4

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|-----------------|-----------------------------------------------------------|
| 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) |
| 9:00 - 9:30am | Very brief check-in with your small group |
| 9:30 - 10:00am | Writing magic starter stuff to make your writing easier! |
| 7:30 - 9:30pm | Opening Circle - Bring your journal |
| 10:00 - 12:30pm | WRITING TIME (you can do it!) |
| 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 |
| 7:00 - 8:00pm | Evening Council |
| 8:00pm - on | Optional time to share your writing with each other |



Day 5

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|-----------------|-------------------------------------------------------------|
| 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) |
| 9:00 - 9:30am | Very brief check-in with your small group |
| 9:30 - 10:00am | Writing magic starter stuff to make your writing easier! |
| 10:00 - 12:30pm | WRITING TIME (you are doing it!) |
| 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 (powerful don't miss it if you can!)