

2024 NAEH Retreat



Unlimited Possibilities: Relax, Renew, & Play

TIME (EASTERN TIME)	DAY 1 FRIDAY ACTIVITY/TOPIC	LOCATION/SPEAKER
3:00 – 5:00 PM	GREETING/CHECK-IN	FRONT DESK MAIN BLDG
5:30-6:00 PM	WELCOME!/DINNER	GARDEN ROOM CHUCK PISA WELCOME COMMENTS FROM WEBER CENTER
7:00 PM	SOUND HEALING W/GUIDED IMAGERY	GARDEN ROOM ANNE RUTLEDGE CONSTANCE MCCLOY FRAN OPPENHEIMER
7:00 PM	OPTIONAL MOVIE OR GAME NIGHT	BREAKOUT ROOM
10:00 PM	BEDTIME YOGA NIDRA MEDITATION	IN YOUR OWN ROOM VIA ZOOM LINK JO SIMPSON

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TIME (EASTERN TIME)	DAY 2 SATURDAY ACTIVITY/TOPIC	LOCATION/SPEAKER
7:00 – 9:00 AM	BREAKFAST	MAIN FLOOR
9:00 – 9:15 AM	ANNOUNCEMENTS OPENING MEDITATION	CHUCK PISA
9:30AM-12:30PM	SOUL COLLAGE WORKSHOP OR OPTIONAL UNSCHEDULED ACTIVIES ON YOUR OWN SPIRITUAL MOVIE	DIANE BAKER
12:00PM – 1:30PM	LUNCH	GARDEN ROOM
1:30PM – 2:30PM	RAINDROP TECHNIQUE SELF-CARE OR FREE TIME OR OPTIONAL UNSCHEDULED ACTIVIES ON YOUR OWN	KATHLEEN HAUTALA
3:30 PM -4:30 PM 3:30 PM – 5:00 PM	LAW OF GROUP ENDEAVOUR LEO-SIRIUS GROUP WORK EXPERIMENT TALK OR FREE TIME OR OPTIONAL UNSCHEDULED ACTIVIES ON YOUR OWN	CHUCK PISA BREAKOUT ROOM VARIOUS/GROUNDS/BREAKOUT ROOMS/GATHERING SPACES

5:30 PM -6:30 PM	CATERED DINNER	GARDEN ROOM
7:00 – 9:00 PM	LAW OF GROUP ENDEAVOUR LEO-SIRIUS GROUP WORK EXPERIMENT TALK WITH STARGAZING OR FREE TIME OR OPTIONAL UNSCHEDULED ACTIVIES ON YOUR OWN	GATHER AT LABRYNTH
10:30 PM	BEDTIME MEDITATION	JO SIMPSON

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TIME (EASTERN TIME)	DAY 3 SUNDAY ACTIVITY/TOPIC	LOCATION/SPEAKER
7:00 – 8:30 AM	BREAKFAST	GARDEN ROOM
8:30 – 9:00 AM	SILENT AUCTION CLOSED PAYMENT/PICK-UP ITEMS	GARDEN ROOM
9:00 – 11:00AM	OPENING MEDITATION/TALK - LAW OF ENDEAVOUR CLOSING REMARKS GOODBYES	CHUCK PISA
11:00 AM-12:00 PM	LUNCH BOX LUNCHES FOR TRAVELERS	GARDEN ROOM
12:00 – 3:00 PM	RETREAT OFFICIALLY ENDED VOLUNTEERS FOR CLEAN-UP/BREAK DOWN	TBD