

HARMONY HILL CANCER RETREAT – PALISADES RETREAT CENTER
Cancer Retreat Schedule

DAY 1	DAY 2	DAY 3
10:30-11:30 AM PARTICIPANT ARRIVAL/CHECK-IN	8:00-8:45 AM BREAKFAST Dining Room	8:00-8:45 AM BREAKFAST Dining Room
11:45 AM-1:00 PM WELCOME, LUNCH Dining Room	9:00-11:00 AM SMALL GROUP SHARING CIRCLE Forest View 2 or Library	8:45 AM CHECK-OUT OF ROOM
1:00-2:00 PM WELCOME/ORIENTATION/OPENING CIRCLE Forest View 2	11:15 AM-12:00 PM MOVEMENT & MEDITATION Forest View 2	9:30-11:30 AM SMALL GROUP SHARING CIRCLE Forest View 2 or Library
2:15-3:15 PM ART Forest View 1	12:00-1:00 PM LUNCH Dining Room	11:30-12:00 PM MOVEMENT & MEDITATION Forest View 2
3:30-5:30 PM SMALL GROUP SHARING CIRCLE Forest View 2 or Library	1:00 – 1:15 PM LABRYNITH ORIENTATION Dining Room	12:00-1:00 PM LUNCH Dining Room
5:30-6:00 PM REFLECTION & RELAXATION (YOUR TIME)	1:15-3:00 PM REFLECTION & RELAXATION (YOUR TIME)	1:15-2:15 PM SMALL GROUP SHARING CIRCLE Forest View 2 or Library
6:00 – 7:00 PM DINNER Dining Room	3:00-5:00 PM SMALL GROUP SHARING CIRCLE Divided by Participant VS Companion Forest View 2 or Library	2:30-3:15 PM CLOSING CIRCLE & GOODBYES Forest View 2
7:15 –7:45 PM MOVEMENT & MEDITATION Forest View 2	5:00-6:00 PM REFLECTION & RELAXATION (YOUR TIME)	
7:45-10:00 PM REFLECTION & RELAXATION (YOUR TIME)	6:00-7:00 PM DINNER Dining Room	
10:00 PM Quiet Time	7:30-9:00 PM EVENING FUN GATHERING - (Games, Tea, and Conversation) Forest View 1	
	10:00 PM Quiet Time	