

# Nourish ~ A Retreat for Sensitive Souls

## April 30 – May 2, 2021

### Friday, April 30<sup>th</sup>

- Noon: **Brief Welcome** with Sarah Crawford
- 12:15pm – 1:45pm: **Communicating with Empathy + Boundaries** with Tina Schuelke
- 2pm – 3/3:30pm: **Calm & Grounding: Deepen Your Relationship with Intuition** with Zubin Sherring
- 3:30 – 5:30pm: **On Your Own – Recommended Time in Nature, a Nap, or a Healing or Spa Service** {mindfulness exercise or plant identification worksheet available, if desired}
- 5:30pm – 6:30pm: **On Your Own – Dinner**
- 6:30pm – 7:45pm: **Group Welcome, Sensitivity & Your Gifts & “I Desire” Experience** with Sarah Crawford
- 8pm – 9pm: **Restorative Yoga** with Holly Tuyls

### Saturday, May 1

- 8:15am – 9am: **Awaken Your Energy Body** {energy movement mini-session 1} with Claudia Gehlhaart
- 9am – 10:15am: **Morning & Evening Rituals for Your Rhythm** with Sarah Crawford
- 10:30am – Noon: **Healing Your Relationship with Money** with Holly Tuyls
- Noon – 1pm: **On Your Own – LUNCH**
- 1pm – 2pm: **The Energy of Food** with Megan Normansell
- 2:15pm – 3pm: **Finding Your Center** {energy movement mini-session 2} with Claudia Gehlhaart
- 3pm – 5pm: **On Your Own – Recommended Time in Nature, a Nap or a Healing or Spa Service** {mindfulness exercise or plant identification worksheet available, if desired}
- 5pm – 6pm: **On Your Own – DINNER**
- 6pm – 7pm: **The Unfoldment of Our Gifts** with Kimberly Resch
- 7:15pm – 7:45pm: **Settling the Nervous System & Preparing for Rest** {energy movement mini-session 3} with Claudia Gehlhaart
- 8pm – 9pm: **Gentle/Restorative Yoga** with Jenn Shull

### Sunday, May 2

- 8am: **Vitality Vinyasa Yoga** with Matthew Kimmeth
- Break: **Mindful Breakfast** {On Your Own}
- 10am – 10:45am: **Mindfulness + Prayer for the Planet** with Joy Jordan {OR Your Church}
- 11am – Noon: **Beginner’s Watercolor: Trust Yourself** with Maggie Sharar
- 12:15pm – 1:30pm: **Final Gathering** {Bring a snack} with Sarah Crawford

