

# 2022 Empowerment Virtual Retreat

Live classes for all participants:

**Tues Aug 23 Call 1—9am Pacific /12pm Eastern**

**Tues Sept 20 Call 2—9am Pacific /12pm Eastern**

Both are 60 minutes. Attendance is mandatory for units.

<b>EMPOWERMENT RETREAT VIRTUAL SCHEDULE</b>			
<b>DAY/TIME</b>	<b>LENGTH (hours)</b>	<b>SESSION</b>	
<b>FRIDAY 9.2</b>			
2-4pm	2	Welcome and orientation. First exercise.	ZOOM
4.30-5.30pm	1	Evening council + Exercise	ZOOM
<b>SATURDAY 9.3</b>			
9-10am	1	Mindfulness and embodiment practices.	ZOOM
10.15-12.15 pm	2	Morning Session	ZOOM
2.00-4 pm	2	Afternoon Session	ZOOM
4.30-5.30pm	1	Evening council + Exercise	ZOOM
<b>SUNDAY 9.4</b>			
9-10am	1	Mindfulness and embodiment practices.	ZOOM
10.15-12.15 pm	2	Morning Session	ZOOM
2.00-4 pm	2	Afternoon Session	ZOOM
4.30-5.30pm	1	Evening council + Exercise	ZOOM

# 2022 Empowerment Virtual Retreat

<b>MONDAY 9.5</b>			
9-10am	1	Mindfulness and embodiment practices.	ZOOM
10.30-12.30 pm	2	Morning Session	ZOOM
1.30-3.30 pm	2	Afternoon Session + Closing Circle	ZOOM
<b>LIVE CALLS</b>	1 each	Tues Aug. 24th & Sept 21st Noon ET	ZOOM
<b>BUDDY CALLS</b>	1 each	Participants to organize post retreat.	

