

2023 Empowerment Virtual Retreat

Live class times for all participants:

Tues Aug 22 Call 1—9am Pacific /12pm Eastern

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

Both are 60 minutes. Attendance is mandatory for units.

EMPOWERMENT RETREAT VIRTUAL SCHEDULE		
DAY/TIME	LENGTH	SESSION
FRIDAY		
2-4pm	2	Welcome and orientation. First exercise.
4.30-5.30pm	1	Evening council + Exercise
SATURDAY		
9-10am	1	Mindfulness and embodiment practices.
10.15-12.15 pm	2	Morning Session
2.00-4 pm	2	Afternoon Session
4.30-5.30pm	1	Evening council + Exercise
SUNDAY		
9-10am	1	Mindfulness and embodiment practices.
10.15-12.15 pm	2	Morning Session
2.00-4 pm	2	Afternoon Session
4.30-5.30pm	1	Evening council + Exercise
MONDAY		
9-10am	1	Mindfulness and embodiment practices.
10.30-12.30 pm	2	Morning Session
1.30-3.30 pm	2	Afternoon Session + Closing Circle

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LIVE CALLS	2	Tues Aug. 22nd & Sept 20th Noon ET
BUDDY CALLS	2	Participants to organize post retreat.
TOTAL	24	

Please remember you must also have 2 minimum 1 hour Buddy Calls!