



Transforming Loss – A Healing Process™

Presented by Judith R. Burdick, MA, LLP

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Event: Transforming Loss Retreat

Arrival: Thursday, October 20, 2016

Departure: Sunday, October 23, 2016

Transforming Loss Retreat Itinerary

DAY/DATE:	TIME:	ACTIVITY:	LOCATION:
Thurs. 10/20	7:30 - 8:30 PM	Private Group Session/Welcome	Arches Room
Fri. 10/21	6:30 - 7:30 AM	Breakfast	Canyon Breeze Restaurant
Fri. 10/21	7:50 - 10:15 AM	Group Hike	Glen Canyon Gazebo
Fri. 10/21	10:45 AM - 12:15 PM	Private Group Session/Film	Arches Room
Fri. 10/21	12:15 - 1:30 PM	Lunch	Canyon Breeze Restaurant
Fri. 10/21	3:30 - 4:15 PM	Private Group Yoga	Glen Canyon Gazebo
Fri. 10/21	4:30 - 5:30 PM	Private Group Session	Arches Room
Fri. 10/21	6:00 - 7:30 PM	Private Group Dinner	Kolob Canyon Room
Sat. 10/22	6:30 - 7:30 AM	Breakfast	Canyon Breeze Restaurant
Sat. 10/22	7:50 - 10:15 AM	Group Hike	Glen Canyon Gazebo
Sat. 10/22	10:45 AM - 12:15 PM	Private Group Session	Arches Room
Sat. 10/22	12:15 - 1:30 PM	Lunch	Canyon Breeze Restaurant
Sat. 10/22	3:30 - 4:15 PM	Private Group Yoga	Glen Canyon Gazebo
Sat. 10/22	4:30 - 5:30 PM	Private Group Session/Labyrinth	Arches Room/Labyrinth
Sat. 10/22	6:00 - 7:30 PM	Private Group Dinner	Kolob Canyon Room
Sun. 10/23	6:30 - 7:30 AM	Breakfast	Canyon Breeze Restaurant
Sun. 10/23	7:50 - 10:15 AM	Group Hike	Glen Canyon Gazebo
Sun. 10/23	10:45 AM - 12:15 PM	Tai Chi and Farewell Ceremony	Arches Room
Sun. 10/23	12:15 - 1:30 PM	Lunch	Canyon Breeze Restaurant