



## **Meditation in Motion - Step 11**

### **Friday Afternoon**

**1:00 pm** - Arrival and Check-in at Ausable

**3:00** Orientation/Introductions//Teams Opening the Door - Teams named – choose meeting. (Club Room)

**5:30** - Dinner – Captain’s Table (*quick training after dinner for kitchen duty*)

**6:30 - 7:00 pm** – Teams meet to finalize chosen meeting format and create a plan for upcoming team tasks.

**7:00 – 8:00 pm** – Opening Meeting – Adirondack Room

**8:15 pm** – Skit by the Sita Entertainment Group (Club Room)

**9:00 pm** – Hot tub, game room, tournaments, campfire late night meeting – popups – ice cream (Prospect Point)

### **Saturday Morning**

**7:00 -7:45 am**- Yoga - East Lodge with Renee

**8:45 - 9:15** - Introduction to Meditation – (Janet R) AR

**Choose one of these options with your team.**

9:30 – 10:00 - Option 1 - Silent Walking meditation (Bonnie) AR deck

9:30 – 10:00 – Option 2 - Guided Meditation (Sheryl O) AR

**10:15 – 11:30 am – AA Meeting 1**

**11:30 – 12:00** – Team Activity, ” *how do you make conscious contact with your HP*”

**12:00 noon** - Lunch- Captain’s Table

**12:30 – 1:30** – Karma Yoga (sign up) (Service to Others)

## Saturday Afternoon

**12:30 – 1:30** – Free Time

**12:30 – 1:15** – Movie cont’d - AR

**Choose one of these options  
with your Team.**

1:30 – 2:30 – Qigong/Chair  
Yoga/Breath work – LisaMary

1:30 – 3:00 – Forest Bathing/  
Mindful walking at fish creek with  
Sue W. and Sylvia K.

**3:00 – 5:00** - Creative Meditation/A Picture is Worth a Thousand Words – (Janet and Sheryl) Captain’s Table

**5:00 – 5:30** – Teams meet to finalize tasks.

**5:30** - Dinner- Captain’s Table

**6:30 -7:45** AA Meeting 2

**8:00 pm**- Talent Show – (Kayti to MC)

**9:30 pm (or after Talent Show)** – Hot Tub, Game Room tournaments, late-night pop-up meetings. Camp fire and ice cream.

## Sunday

**7:00 -7:30 am** - Meditation (Cherie) East Lodge

**8:00 am** – Breakfast

**8:45 - 10:00** AA Meeting 3

**10:15- 11:45** Team Activity, create your own Prayer or Mantra or discuss meditation experiences.

**12:00 Noon** - Lunch

**12:30- 1:30** – Karma Yoga (kitchen)

**1:30 - 2:45** – Men's/Women's/LGBTQ **AA Meeting 4**

**3:00 –3:30** - Singing Bowls - Club Room

**3:30 – 4:15** Continuation of the Movie – Bill W. Conscious Contact – AR

**4:15-4:30** Healing to Harmony Workshop (sneak peek at next year's retreat) – AR

**4:45– 5:15** – Chair Yoga/Yoga - AR

**5:30-** Dinner

**6:30 – 7:45** – **AA Meeting 5**

**8:00 pm** - Gentle Drum Circle (Annine/Cherie) - AR

**9:30 pm** – Game Room Fun and HOT TUB ice cream (Prospect Point)

## **Monday Morning**

**7:00-7:30 am** Yoga (Renee) East Lodge

**8:00 am** - Breakfast

**8:30** – Closing **AA Meeting 6** - AR

**10:00 am** Strip beds, empty waste baskets, vacuum, clean kitchen - Fairwell, Goodbye, see you later, au revoir, ciao, Auf Wiedersehen, See you next year.

**Check out is 10:30 am**

## GENERAL INFO

- Please wear your lanyard with your nametag throughout the weekend
- Bring your color-coded pouch everywhere you go.
- Coffee and tea are available at the Coffee Station in the dining room, and the popcorn machine will be in Adirondack Room
- Ice is available in the kitchen.
- All meals will be in The Village Inn, at the Captain's Table dining room.
- Any Pop-Up meetings and late-night meetings will be announced.
- Prospect Point is the game room building.
- AA meetings in Adirondack Room (AR)
- East Lodge for morning meditation and yoga