

## What Can I expect from a Lutherhaven Women's Retreat?

Lots of choices, lots of conversation, lots of time to be... you!



Typical Tentative Retreat Schedule-All women will receive an exact schedule upon arrival.

### Friday

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| 4-7pm | Registration and Valet Parking Begins!                     |
| 6:00  | Dinner in Dining Hall! Enjoy a meal to begin your weekend. |
| 7:00  | Welcome, Songs and Speaker <u>Session 1</u>                |
| 8:45  | Snacks, Food and Fellowship                                |

### Saturday

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| 8-9am   | Continental Breakfast-Come when you're ready! Serve yourself, and enjoy some quiet time or time with your new friends overlooking the lake! Sleep in if you want too ... then take a quick shower (or not)... have some breakfast... then meet up for Morning Praise! You choose how you'd like to spend your morning!  |
| 8:00    | Lakeview Lattes & Trading Post are open!  |
| 8:00    | Optional Lakeside Walk  |
| 9:30    | Morning Praise and <u>Session 2</u>   |
| 11:00   | <b>Breakout Sessions:</b> (Other options might be added as we work out this year's schedule!)<br><b>AM Stretches</b> -bring a floor pad or towel<br><b>Retreat Center Fireside Lounge</b> - the Retreat Center is a great space to sit and read your Bible or enjoy a magazines and a cup of tea.<br><b>Nature Walk/Prayer Walk</b> - Outside Anywhere!<br><b>Lakeview Spa</b> – Enjoy some pampering! Sign up and choose the time you'd like to be pampered!<br><b>Prayer Place Space</b> - Enjoy a self guided space of quiet reflection, prayer stations and peace.<br><b>Massage</b> -Pay your therapist directly, \$15 for 15 minutes.<br><b>Crafts</b> –Laugh, relax and create a special token of creativity to remember your retreat! Just like going to Michaels! But you don't have to set up or clean up!<br><b>Professional Napping</b> - You have permission to take as many naps as you'd like today. True professionals try one in the morning and one in the afternoon! |
| 12:30pm | Lunch   |
| 1:30    | More Breakout Sessions: Your Choice Again! Have a great afternoon!<br><b>Other afternoon choices:</b> Voyageur Canoeing (Almost guaranteed not to flip!) Group Walk to Homestead Mountain, Afternoon Stretches or for those really adventurous try the Climbing Tower, Zip Line, or High Ropes Course. (Weather Depending and all optional!)  |
| 6:00    | Dinner  |
| 7:30    | <b>Session 3</b>  |
| 8:30    | Enjoy an Evening Activity guaranteed to make you laugh! (And as always... snacks too!)  |

### Sunday

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|-------|--|
| 9:30  | Brunch in the Dining Hall  |
| 10:30 | <b>Worship</b>   |
| 12:00 | Depart at your leisure! You are welcome to stay as long as you would like and enjoy the quiet space of this place. |