




# Wellness & Rejuvenation Retreat

Sept 17-23, 2016

Saturday, Sept 17	TIME	Sun, Sept 18	Mon, Sept 19	Tues, Sept 20	Wed, Sept 21	Thurs, Sept 22	Fri, Sept 23
<p><i>Welcome to A.R.E.!</i></p> <p>1:00 pm Registration</p> <p>1:45-2:30 pm Orientation</p> <p>2:30-4:00 pm Introduction to Personal Transformation <i>Dr. Joy Bloom</i></p> <p>4:15-5:45 pm Inner Sound Therapy- <i>Theresa Sparks</i></p> <p>6:00-7:00 pm Dinner</p> <p>7:00-9:00 pm Restorative Breathwork Group Session <i>Betty Davis, LPC</i></p>	8:00 am	Breakfast 8:00- 8:45 am					
	8:45-9:45 am	Yoga or Beach Walk- Weather Permitting					
	10:00 am-12:15 pm	Cape Henry Lighthouse Walk	Kayaking- No morning exercise 9 AM- 11:30  <i>Leaving Campus at 8:45 am</i>	Eden Energy Medicine Group Session <i>Denise Furgason and Ellen Selover</i>	Group Work <i>Toni Romano</i>  <i>*Includes Glad Helpers Healing Prayer Group</i>	Creating a Wellness Plan <i>Dr. Joy Bloom</i>	9:00-11:00 Brunch with Your Retreat Providers
	12:30 pm	12 pm:Meditation (3rd fl Visitor Center OPTIONAL)			12:30 pm Lunch (Gibbon's House) & Free Time		
	1:30-4:30	Health Assessment Appts  1:00-6:00 pm Steam and Massage appointments	1:30 - 4:30 pm Remedies Intensive  4:30-6:00 pm Health Assessment or Spa Voucher Appointments	Health Assessment or Spa Voucher Appts  2-5:30 pm Colonic Appts & Free Time	12:45-5:00 pm Colonics and/or Spa Voucher Appointments  & Free Time	Forest Walk- First Landing State Park  3:30-4:30 pm Sand packs 67th Street Beach (weather permitting- Or free time)	 <p><i>Have a Safe Trip Home!</i></p>
	5:30-7:00 pm	Local Restaurant Gibbons House		Local Restaurant		Gibbons House	
	7:30-9:00 pm	Group Work for Personal Transformation <i>Dr. Joy Bloom</i>	Group Work <i>Dr. Joy Bloom</i>	Group Work <i>Dr. Joy Bloom</i>	5:30-9:00 Spirit of Norfolk- Tour the Elizabeth River while enjoying a dinner cruise	Group finale <i>Dr. Joy Bloom</i>	