

Advanced Thai Yoga Massage & Full Moon Retreat

May 5-7th, 2020 - Franciscan Renewal Center

Residential Retreat Itinerary

Though we commit to sticking to the structure of the below itinerary, please understand there may be a need to make some adjustments, and you will be given plenty of time to shift if necessary. We appreciate you being flexible. You will notice the onsite meals are for those who are staying at the Franciscan Center or have prepaid for these.

Tuesday, May 5th

830am-9am Registration and set up in Serra Conference room

9am-10am Healing Moves Yoga and Qigong in Serra Conference room

10am-1230pm Advanced Table Thai Practices: Working the Sen for Healing Painful Projects in Serra Conference room

1230pm-2pm Lunch and Room checkin Dining Room (lunch is provided for those staying onsite or have prepaid, or enjoy offsite or bring your own lunch)

2pm-5pm Advanced Table Thai Practices for Low Back Projects Serra Conference room

5pm-6pm Mindful Meditation with option to Walk the Labyrinth

6pm-7pm Dinner in Dining Room (for those staying onsite or have prepaid)

Wednesday, May 6th

7am-9am Breakfast in Dining Room (for those staying onsite or have prepaid)

9am-10am Healing Moves Yoga and Qigong meeting in Meditation Hall room OR Outdoor Chapel

10-1230pm Advanced Table Thai Practices for Shoulder Projects
Serra Conference room

1230pm-2pm Lunch

2pm-5pm Advanced Table Thai Practices for Foot, Knee and Hip Projects, Serra Conference room

5pm-6pm Mindful Meditation with option to Walk the Labyrinth

6pm-7pm Dinner in Dining Room

Thursday, May 7th

7am-9am Breakfast in Dining Room

9am-10am Healing Moves Yoga and Qigong

10am-1230pm Advanced Table Thai Practices Q&A

1230pm-2pm Lunch in Dining Room

2pm-5pm Advanced Table Thai Practices Review

5pm-6pm Full Moon Mindful Meditation, closing circle, Walk the Labyrinth

6pm-7pm Dinner in Dining Room

Friday, May 8th

7am-9am Breakfast in Dining Room

1030am Room Check-out time