

2014 MHNA Retreat Schedule

Theme: "Healing Circles"

Date: September 26, 27, 28; Friday night, Saturday, Sunday

Place: Howell Nature Center (Howellnaturecenter.org)

Friday night: Knoll lodge and Lakeview Lodge

5pm check in Registration

6pm Strolling Dinner, Healthy Eating Contest

7pm Announcements, Opening Ceremony

8pm Holistic Shopping Fair, Demonstrations, \$1/min. Massages

9pm Networking by firepit; Journal Club 1-2 Certificate of Attendance

Saturday: Knoll and Lakeview Lodge

8am Breakfast

8:30 Day trippers Check in Knoll Lodge

9:00-11:00 am "Labyrinth: A Journey to the Heart" Lecture/Facilitating by Nancy Rhodes 2 CNEs

12:00 pm -3:00 pm Simply Home Cooking Lunch Workshop with Liza (Leeza) Baker, Chef and Health Coach. 2 CNEs

3-6pm Free time: Hiking, Zip line, Rest, Tour Wildlife Park

6pm Dinner at Knoll Lodge on the Deck

7pm "Basic Belly Dancing Combinations" with Kelly Hassan Director, Instructor, and Performer from *One Spirit Dance Company*

8pm "Sacred Drum Presentation" at firepit by Ryan Paul Gates

Sunday: Knoll and Lakeview Lodge

8:00 am Breakfast

9:00 am -11 am "Medicine Wheel: Being Present in the Circle" talk and guidance to make Medicine Wheel with Joan Hutchinson 2 CNEs

11:00 am Closing Ceremony

12:00 Lunch

1:00 PM Check out

Safe trip home and blessed year