



Renewal Retreat

Friday, July 21, 2023

5:00 PM

ARRIVAL & CHECK-IN

5:30 PM

DINNER

7:00 PM

OPENING CIRCLE &
ORIENTATION

8:00 PM

YIN YOGA (60 MIN)

PROVIDENCE RENEWAL CENTRE
July 21-23, 2023



Renewal Retreat

Saturday, July 22, 2023

8:00 AM

BREAKFAST

9:30 AM

INTRO TO MEDITATION
(60 MIN)

10:45 AM

GENTLE FLOW YOGA
(60 MIN)

12:00 PM

LUNCH

1:30 PM

LIVING THE BUDDHIST WAY
- PART 1 (60 MIN)

4:00 PM

WALKING MEDITATION IN
LABYRINTH

5:30 PM

DINNER

8:00 PM

YIN YOGA (60 MIN)

PROVIDENCE RENEWAL CENTRE
July 21-23, 2023



Renewal Retreat

Sunday, July 23, 2023

8:00 AM

BREAKFAST

9:30 AM

CULTIVATING A DAILY
MEDITATION PRACTICE
(60 MIN)

10:45 AM

GENTLE FLOW YOGA
(60 MIN)

12:00 PM

LUNCH

1:30 PM

LIVING THE BUDDHIST WAY
- PART 2 (60 MIN)

2:45 PM

CLOSING CIRCLE &
GRATITUDE CEREMONY

PROVIDENCE RENEWAL CENTRE
July 21-23, 2023