

# 2024 Winter Retreat

*In this time of reflection, we would like to extend an invitation to join us this February for a time of reflection and fellowship.*

*Two options to choose from, which works best for your life?*

## Full Experience

- 1 day, 2 night stay
- Meals - Participants will be asked to bring something to share.
  - Two Breakfasts
  - One Lunch
  - Two Dinners
  - Refreshments
- Activities
  - Self- Reflection & Meditation
  - Yoga and Tai Ji Quan
  - Reading, Coloring, Crafting
  - Puzzles and Board Games
  - Snow Shoeing and Kick Sledding

**\$30** Limited to 14 overnight guests.

## One-Day Experience

- 1 day
  - Arrival between 8:30 - 10:30 am
  - Departure between 3:00 - 7:00 pm
- Meals
  - Breakfast
  - Lunch
  - Dinner Optional
  - Snacks
- Activities
  - Self- Reflection & Meditation
  - Yoga and Tai Ji Quan
  - Reading, Coloring, Crafting
  - Puzzles and Board Games
  - Snow Shoeing and Kick Sledding

**\$20**

**One- Day / One- Night**  
Limited to 14 overnight guests.

There may be opportunities for individuals who would like to stay one-night.

**\$25**



**Register Now!!!**

<https://form.jotform.com/fcnntc/2024retreat>