

FELLOWSHIP OF THE SPIRIT WEST RETREAT 2019

	FRIDAY	SATURDAY	SATURDAY	SUNDAY
DATE	8/30/2019	8/31/2019	8/31/2019	9/1/2019
TIME		MAIN ROOM	UPSTAIRS ROOM	MAIN ROOM
6:00 - 6:45			YOGA	YOGA
7:00 - 7:45			MEDITATION	MEDITATION
8:00 - 9:00		BREAKFAST		BREAKFAST
9:00-10:30		STEP ONE PANEL		
9:30 - 11:00				CLOSING SPEAKER & ANNOUNCEMENTS
10:45-11:45		STEPS 2 & 3		
12:00-1:00		LUNCH		
1:00 -2:00		STEPS 4 & 5	WORKSHOP - 3RD STEP	
2:15 - 3:15		STEPS 6 & 7	WORKSHOP - 4TH STEP	
3:30 - 4:30	REGISTRATION OPENS @ 4PM	STEPS 8 & 9	WORKSHOP - SPONSORSHIP	
4:45 -5:45		STEPS 10 & 11	WORKSHOP - 9TH STEP	
6:30 - 7:30	DINNER (House Announcements)	DINNER		
7:30 - 9:00		MAIN SPEAKER		
8:00 - 9:30	WELCOME & OPENING SPEAKER			
9:30 - 10:15	MEDITATION (UPSTAIRS)		MEDITATION	
11:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	