

SPA Retreat
April 20-22, 2018

Friday

5:00 - 7:00 pm Check-in (Dinner will be served during this time at Ginny DeWall Dining Hall)

7:00 pm Welcome and Orientation

7:15 pm Opening Devotion and Sing to the Lord!

8:00 pm Spiritual Session 1

9:30 pm Relaxation and Social Time!

Saturday

7:30 am Wake up!

8:00 am Breakfast

8:45 am Sing to the Lord

9:00 am Spiritual Session 2

10:15 am Break

10:45 am Spiritual Session 3

Noon Lunch

1:00 pm Spiritual Session 4

2:15 pm Spiritual Adjustment Time with Jesus AND Physical Adjustment time

- Take a walk on the meditation trail, relaxation, etc.

5:30 pm Sing to the Lord!

6:00 pm Dinner and Free time

7:00 pm Entertainment

8:30 pm Relaxation & Social Time

Sunday

7:30 am Wake up

8:00 am Continental Breakfast - coffee, juice, rolls and fruit

8:30 am Spiritual Session 5

9:45 am Worship Time

10: 45 am Brunch

11: 30 am Closing/Good-byes/pack up and travel home!