

DV House Mini-Retreat Suggestions

SUGGESTIONS FOR STRUCTURING A MINI RETREAT

(Provided in response to member requests for guidance.)

The following is an example of the type of structure that has proven successful in having a good retreat.

8:00 AM Breakfast

3:00 PM Free Time

10:00 AM Program**

6:00 PM Dinner

12:00 Noon Lunch

8:00 PM Program** or Local

Meeting

1:30 PM Program**

**Workshop, discussion, meditation time.

GUIDELINES FOR INCORPORATING CRAFT PROJECTS INTO YOUR MINI-RETREAT

- Let the House Manager know in advance if a craft project will be part of the mini-retreat activities.
- Bring all tools & supplies needed to complete crafts with you. (House cutlery, tools or other supplies cannot be used to complete craft projects.)
- Craft paper must cover any surface where crafts utilizing plaster, paint or other chemicals are made. (Please bring craft paper with you.)
- Let the House Manager know by note or in-person what areas of the house or grounds were used for crafting.