

SAMPLE AGENDA

Day One

Arrive between 4 and 5:30pm in time for dinner. Get acquainted; breakout for brief individual reflection and couple connection exercise.

Day Two

Individual prayer and guided reflection (breakfast will be available)
Session 1*
Lunch
Session 2
Free time
Dinner (Optional Date Night)

Day Three

Individual prayer and guided reflection (breakfast will be available)
Session 3
Lunch
Session 4
Free time
Dinner

Day Four

Individual prayer and guided reflection (breakfast will be available)
Session 5
Lunch, Pray, Depart

*Sessions last 2.5 - 3.5 hours and include group time, individual reflection and couple breakout exercises. We realize that individual energy levels vary and will collaborate with you to find a good balance between meeting your goals and moving at a comfortable pace.