

# 2025 AUW Spring Retreat Schedule

## Friday May 2 Let it go and Imagine! Celebrating 25 years and Beyond

Time	Event	Where
4:00 to 6:00 pm	Welcome 😊 Check In✓ Massage Sign-up👤	Dining Hall
6:00 to 6:30 pm	Dinner 🍴🍲	Dining Hall
7:15 to 8:30 pm	Opening Ritual 🥰🎂	Under Dining Hall
8:30 to whenever	*Games/Puzzles 🎮🎲♠️ *Campfire, if you build it 🔥 *Socialization 🗣️🍷🎉 *Creation Station 💡 <i>Debbie Cash &amp; Bell (Reni) Barr</i> *Massage sign-up 👤 <i>Tricia or Ann</i>	Rotary Cabin Lakeside near Cabin 3 Anywhere 2/more gather Lower level Cabin 3 Health Center






## Saturday May 3

Time	Event	Where
7:00 to 7:45 am	Pilates 🧘 <i>Velma Wagner</i>	Under Dining Hall
8:00 to 8:30 am	Breakfast 🍴🍲🍌	Dining Hall
9:15 to 11:15 am	Keynote with Aimee K. Bryant	Under Dining Hall
11:15 to 11:45 am	<b>Open Play Options</b> including: *Creation Station 💡 <i>Debbie &amp; Bell (Reni)</i> *Camp Unistar /What's it all about? 🏕️ <i>Margaret</i> *Massage 👤 <i>Tricia or Ann</i> <i>Whatever your ❤️ desires!</i> 📖🧘🧩	Lower level Cabin 3 Under Dining Hall Health Center
12:00 to 12:30	Lunch 🍴🥗	Dining Hall
12:30 to 1:15 pm	<b>Open Play Options</b> including: *Creation Station 💡 <i>Debbie &amp; Bell (Reni)</i> *Camp Unistar /What's it all about? 🏕️ <i>Margaret</i> *Massage 👤 <i>Tricia or Ann</i> <i>Whatever your ❤️ desires!</i> 📖🍷🧘	Lower level Cabin 3 Under Dining Hall Health Center
1:15 to 2:45 pm	<b>Session One</b> 1) Labyrinth Walk 🧭 <i>Jeanne Verdick</i> 2) Performing Arts Panel 🎤 <i>Tassi Bisers</i> 3) Creative Writing Poetry 📖 <i>Mary Junge</i>	Outside Cabin 3 Cabin 4 Cabin 5
3:00 to 4:30 pm	<b>Session Two</b> 1) Sexual Intimacy 😊 <i>Jane Jordan</i> 2) Release the Past 🦋 <i>Margie N &amp; Velma W</i> 3) Why Do I Hurt? 🧘 <i>Inna Kuznetsov</i>	Cabin 3 Cabin 4 Cabin 5
4:45 to 5:45 pm	<b>Open Play Options</b> including: *Creation Station 💡 <i>Debbie &amp; Bell (Reni)</i> *Group walk/Nature bathing 🦋🌿 <i>Jeanne V</i> *Massage 👤 <i>Tricia or Ann</i> *Camp Unistar / Is it for me? 🏕️ <i>Margaret</i> <i>Whatever your ❤️ desires!</i> 📖🗣️🍷	Lower level Cabin 3 Meet at Dining hall Health Center Under Dining Hall
6:00 to 6:30 pm	Dinner 🍴🥗	Dining Hall
7:30 to 9:00 pm	Talent Show with Marie Sorensen 🎤🎸	Under Dining Hall

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### Sunday May 4

Time	Event	Where
7:00 to 8:00 am	Qigong  <i>Denise Konen</i>	Under Dining Hall
8:00 to 8:30 am	Breakfast 	Dining Hall
8:30 to 9:00 am	Open Play/Massage/ Clean up Cabins 	
9:15 to 10:45 am	Closing Ritual	Under Dining Hall
10:45 to 11:30	Clean up Cabins & Pack up 	
11:30 am	Pick up lunch to take away or eat in 	Dining Hall
2:00 pm	<b>All must be gone from grounds</b>	