

FIRST-EVER ACNM REGION II WINTER RETREAT SCHEDULE

Friday, March 6

3-6pm	Check-in/Registration	Consider coming earlier in the day to enjoy the quaint, friendly town of Berkeley Springs, have a massage and a bath in the famous warm spring water, shop unique shops, hike lovely trails.
6pm	Buffet Dinner	We will celebrate our arrival over dinner in our private banquet room. (with vegetarian options!)
7:30-9:30pm	Group Activity	Ice-breakers, story-telling, networking, tricks of the trade, and FUN!

Saturday March 7

7:30-8:15am coffee	Continental Breakfast	Bagels, hard-boiled eggs, granola, fruit, juice,
8:30-10am	CE Offering #1	Use of essential oils in pregnancy, birth and postpartum
10:15- 11:45am	CE Offering #2	Another session on complementary/alternative healing (TBD)
Noon	Lunch	Sandwich bar with all the fixin's! (Q&A w/National)
1pm-7pm	Free time	Time on your own to enjoy the town and surrounding area. (<u>Note</u> : <i>Dinner on your own!</i>)
7:30-9:30pm	Group Activity	More fun and merriment!
9:30pm	Free time	Go to the tavern for a drink, hang out with friends, turn in early for a peaceful night's sleep.

Sunday, March 8

9am-10:30am	Spirit circle	Yoga Nidra session, followed by guided meditation, journaling, and sharing—suitable for all spiritual backgrounds, abilities and comfort levels.
10:30am	Check out	Check out of rooms before gathering for brunch.
11:00	Brunch	Served in the Inn's dining room.
12:30	Closing	Farewell/Appreciation Circle