

ADDITIONAL INFORMATION REGARDING CREDIT AT RENEWING OURSELVES RETREAT:

PREREQUISITE FOR THE RETREAT & CREDIT OPTIONS:

- 1) **Participants must register for:**
 - **ED466w - RENEWING OURSELVES & OUR TEACHING: A Retreat for Educators.**
Cost \$395 includes room, board, conference, and Clock Hours or PDUs for those not wanting credit.
 - For Clock Hour, PDU or CEU participants you **must** complete the first assignment listed in the syllabus prior to the event, and for those registering for credit, you **must** complete all four (4) assignments prior to the event.

- 2) **Participants requiring 2 Credit Option must register for:**
 - **ED466w - RENEWING OURSELVES & OUR TEACHING: A Retreat for Educators.**
Cost of Retreat: \$395 includes room, board, conference and Clock Hours or PDUs.
 - And complete all four (4) assignments listed in the syllabus prior to the event.
 - **ED466y - RENEWING OURSELVES & OUR TEACHING: For Educators**
(2 quarter credits for an additional \$90.00)

- 3) **Participants requiring the additional 3 Credit Option (total of 5 credits) must register for:**
 - **ED466w - RENEWING OURSELVES & OUR TEACHING: A Retreat for Educators.**
Cost \$395 includes room, board, conference and Clock Hours or PDUs.
 - **ED466y - RENEWING OURSELVES & OUR TEACHING: For Educators**
(2 quarter credits for an additional \$90.00)
(You must register for the 2 quarter credit course ED466y prior to registering for this 3 quarter credit course.)
 - **ED466x - RENEWING OURSELVES & OUR TEACHING: Taking It Home**
(3 quarter credits for an additional \$135.00).

LOCATION:

Menucha Retreat & Conference Center
38711 Historic Columbia River Hwy
Corbett, OR 97019
(503) 695-2243
www.menucha.org

DATES:

7/16/2019 - Check in time 11:00am – Creevey Commons.
7/18/2019 – Check out time 11:00am – Creevey Commons.

PRIOR TO THE EVENT:

You will be contacted regarding food allergies, vegetarian, vegan or gluten-free diets.

ACCOMMODATION: Two persons per room. Registrants may identify a roommate.

RENEWING OURSELVES & OUR TEACHING
EVENT SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
Tues 7/16	10:30am	Arrive at Menucha
	11:00am	Orientation from center
	11:40am	Greetings & Warm-Ups: Brenda, Charity & Mike
	12:10pm	Lunch
	1-1:30pm	Break
	1:30-1:40pm	Energizers – Brenda & Charity
	1:40-2:45pm	Introducing ourselves: Sharing something special to us.
	2:45-3:15pm	Brief exercise on intentions: What do you want to gain and what do you want to leave behind? (Written exercise, putting notes on altar with an object)
	3:15-3:30pm	Break
	3:30-4:00pm	Mike, Brenda & Charity: Our vision for you on this retreat.
	4:00-5:00pm	Letting go of the stress from this past school year. Charity
	5:00-6:00pm	Break
	6:00-7:00pm	Dinner
	7:15-8:30pm	The true self: Journal keeping.
	8:30pm	Closure, social connections and rest.
	Wed 7/17	7:00am
8:00am		Breakfast
9:00-10:00am		Being in silence, letting it all go - the grace of meditation. Mike
10:00-11:00am		How do we free ourselves up from distractions. Charity & Brenda – possible break-outs.
11:00-11:15am		Break
11:15-12:15pm		Living life in moments: The brain and self-healing. Brenda
12:15-1:00pm		Lunch
1:00-1:45pm		Free time.
1:45-2:00pm		Energy booster. Brenda & Charity
2:00-4:00pm		Overcoming adversity, healing old wounds. Brenda, Charity & Mike. Breakouts
4:00-4:15pm		Break
4:15-5:00pm		Finding peace and joy all over again. Mike, Brenda & Charity.
5:00-6:00pm		Free time
6:00-6:45pm	Dinner	
7:00-7:45pm	Being present to ourselves and others. Mike (Rachael Kessler)	
7:45-8:30pm	Song and fun.	
Thurs 7/18	7:00-8:00am	Morning meditation, walking, exercise (yoga etc), swim.
	8:00-8:45am	Breakfast
	8:45-10:15am	What can we take back to our lives and teaching. Brenda, Charity & Mike.
	10:15-10:45am	Closure
	11:00am	Goodbyes.