

# Welcome



## Creativity, Connection, and Joy: A Weekend Retreat for Veterans

with Michelle Holdt  
G240122  
Jan 11-14, 2024

### Weekend Schedule:

Breakfast 7:30 to 8:30 AM

Lunch 12:00 to 1:00 PM

Dinner 5:30 to 6:30 PM

Thursday Evening Welcome and Community Building 7:15-8:30 PM

Friday AM Opening Circle and Journal Making 8:45 AM to 11:45 AM

Friday afternoon Hike 1:30 PM

Friday Afternoon Art Making 4:00 to 5:30

Friday Evening Writing Time 6:45-8:15 PM

Saturday AM Mindfulness and Making 8:45 AM to 11:45 AM

Saturday Afternoon Drop-In Art Making and Chat 1:30-4:30 PM  
(Invite family/spouses to join)

Possible Saturday Evening Activity Offered at Ghost Ranch (i.e. movie, football, etc)

Sunday AM Pack out of rooms by 10 AM and then..... Intention Setting and Closing 10-12

Sunday Lunch is included in your package and you are welcome to spend the afternoon hanging out after lunch.