

Welcome



Life Worth Living

G26040401

with Angela Williams Gorrell
April 26-May 2, 2026

Welcome. I'm so honored you're coming.

This retreat was born out of my own longing for clarity in a season when everything felt uncertain. Whether you're shifting, burned out, or simply sensing that something needs to change, I'm so glad you're here.

Over the next few days, we'll gently explore the most important questions a human life can ask: What is truly worth wanting? What matters most now? And how do we begin again?

You'll be invited to slow down, reconnect with your deepest values, and listen for what your life is asking of you next. You don't need to have the answers. You just need to show up with your questions, your weariness, your curiosity, or your longing. This retreat will meet you right where you are and gently walk with you toward what's next.

Welcome to a sacred pause. Welcome to the beginning of a life more aligned with who you truly are.

With warmth and deep trust in the journey,

Angela

Please bring:

- Journal, lined notebook
- Pen
- Comfortable walking shoes (or shoes suitable for strolling with an assistive device)

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Schedule:

Sunday | Orientation

3:00 PM – Check-in begins

5:30 PM – Dinner followed by brief Ghost Ranch orientation and overview of our Retreat

Monday | Arriving with Questions

Making space to listen to your life and what it's asking of you now.

7:30 AM – Breakfast Begins

9:00–12:00 | Morning Session

- Opening Gathering
- Poetry Meditation
- Story-sharing

12:00–1:30 PM – Lunch

1:30–3:30 | Afternoon Session

- What anchors my life?
- 3:30–5:30 PM – Rest & Renewal
- Nap, walk, journal, or simply enjoy the ranch surroundings

5:30–7:00 PM – Dinner

Tuesday | Seeking What Matters Most

Clarifying what is truly worth wanting and what is not.

7:30 AM – Breakfast Begins

9:00–12:00 | Morning Session

- Breathwork & Guided Meditation
- What does it take to live meaningfully?

12:00–1:30 PM – Lunch

1:30–3:30 | Afternoon Session

- What is my life oriented around?
- What is worth wanting?

3:30–5:30 PM – Rest & Renewal

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5:30–7:00 PM – Dinner

Wednesday | Facing What's Hard
Making meaning of suffering, failure, and limits.

7:30 AM – Breakfast Begins

9:00–12:00 | Morning Session

- Poetry Meditation
- What is the place of suffering in a good life?

12:00–1:30 PM – Lunch

1:30–3:30 | Afternoon Session

- How should I respond to failure?

3:30–5:30 PM – Rest & Renewal

5:30–7:00 PM – Dinner

Thursday | Remembering, Reframing, Reclaiming
Drawing wisdom from your story and making it your own.

7:30 AM – Breakfast Begins

9:00–12:30 | Morning Session

- Breathwork & Guided Meditation
- How does a good life feel?
- What story is my life telling?

12:00 - 1:00 PM – Lunch

1:30–5:30 PM – Enjoy the Ranch, Rest, & Renewal

5:30–6:30 PM – Dinner

7:00 PM – Awe Practice: Stargazing

Friday | Living It Forward

Leaving with vision, courage, and joy for the life you long to live.

9:00–12:00 | Morning Session

- Poetry Meditation
- What is a good life? What is a life worth living? — Naming your vision

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12:00–1:00 PM – Lunch

1:30–3:30 | Final Session

- Gratitudes
- Sharing Our Visions
- Closing Gathering – Blessing & Sending

3:30–5:00 PM – Rest & Renewal

5:00–6:30 PM – Farewell Dinner

Saturday | Heading Home

10:00 AM – Check out