

Embracing the Divine Feminine Retreat, July 15-19, 2026

Tuesday, July 14

2 – 4 pm Early Arrivals
5:30 pm Dinner

Wednesday, July 15

1 – 3 pm Arrivals
4 pm Opening Session

*LMC = Learning and
Multimedia Center*

*All meals are in the Ridge
House Dining Room*

*Please arrive at least 5
minutes early to all
sessions.*

	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30-10:00		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Departure
10:15		Morning Session (at LMC)	Morning Session (at LMC)	Morning Session (at LMC)	
11:45-12:15	Meditation (Meditation Room)	Meditation (Meditation Room)	Meditation (Meditation Room)	(continued)	
12:30	Lunch	Lunch	Lunch	Lunch	
1:15-3:45		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
4:00	Opening Session (at LMC)	Yoga (at LMC)	Nia Movement (at LMC)	Closing Session (at LMC)	
5:30	Dinner	Dinner	Dinner	Dinner	
6:15-7:15	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
7:30	Announcements, Meditation (Meditation Room)	Meditation (Meditation Room)	7:15 TJ Orientation Meditation (Meditation Room)	Meditation & Farewells (Meditation Room)	
8:45			Transcendental Journey (elective)		

We ask participants to plan to attend the full retreat, including Saturday night, so all can receive the benefit of this cohesive and carefully curated experience. Check-out is by 11:00 am on Sunday.