

## **Committed to Freedom Beyond Abuse Retreat**

Developed and Written by Sallie Culbreth

### **Retreat Schedule 2008**

Life Issues (Pre-Retreat Lesson sent prior to arrival)

#### **Friday**

Retreat Orientation	Large Group	2:30 – 3:30
Connections	Small Group	4:00 - 5:00
Where Will My Pain Take Me?	Large Group	6:30 - 7:30
Life Issues	Small Group	7:30 - 8:30
Breathe and Connect	Large Group	8:30 - 9:00
Fellowship	Large Group	9:00 - 10:00

#### **Saturday**

Morning Meditation	Individual	8:30 -9:00
The Box That Became a Prison	Large Group	9:00 -11:00
Connected by Pain	Large Group	11:00 -11:30
No Strings Attached	Large Group	11:30 – Noon
Emotional Allergy and Triggers	Large Group	1:00 - 2:00
Trust and Control	Small Group	2:00 - 2:30
Problem Pit Game	Large Group	2:30 - 3:00
Break	Individual	3:00 - 4:00
Forgiveness	Large Group	4:00 - 5:00
The Damage Revealed	Individual	6:00 - 6:30
The Apology	Large Group	7:00 - 8:00
Movie	Large Group	8:00 - 10:00

#### **Sunday**

Morning Meditation	Individual	8:30 - 9:00
Review	Large Group	9:00 - 9:30
Spiritual Hygiene	Large Group	9:30 – 11:00
Our Sacred Bodies	Large Group	11:00 - Noon
Managing Relationships	Large Group	1:00 – 1:30
Your Strategies to Live in Truth	Small Group	1:30 – 2:30
Quail Shooters Game and Closure	Large Group	2:30 – 3:00