



Helping Professionals Stay

SAMPLE SCHEDULE – subject to change

Day 1 Friday	3:00 pm 5:30 pm 6:30 pm 7:30 pm	Check-in Begins Tour of Limina – Meet in Living Room Dinner – Dining Room Meditation and Opening Ritual
Day 2 Saturday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 2:00 – 4:00 pm 5:30 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Movement class (yoga and qigong) – Multi-purpose Room Lunch Group Sound Healing or Forest Bathing (weather permitting) Evening Meditation Dinner
Day 3 Sunday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 5:30 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Movement class (yoga and qigong) – Multi-purpose Room Lunch Evening Meditation or Communion Service Dinner
Day 4 Monday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 5:30 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Movement class (yoga and qigong) – Multi-purpose Room Lunch Labyrinth Walk or Evening meditation Dinner
Day 5 Tuesday	6:00 am 8:00 – 9:00 am 12:30 – 1:30 pm 2:00	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Lunch Check out • Please strip your beds & leave sheets in a pile on your bed • Please leave towels in the bathroom • Please sign our guest book • Please consider tipping our staff