

Healing Freeing: Set Your Spirit Free

Ziontario Retreat | NEW Dates: Friday, July 18 – Tuesday, July 22, 2025

Friday July 18

7:00 ▶ 8:00 Arrival/Check In/Sign up for KP/Bathroom Cleaning/Settle In
8:00 ▶ 8:30 Welcome and Orientation
8:30 ▶ 9:00 Canteen
8:30 ▶ 10:30 Games, Puzzles, Reconnect with friends
11:00 Lights Out

Saturday July 19

9:15 ▶ 9:45 Muffin Break
10:00 ▶ 11:30 Welcome to Camp Opening Session - Tina Heathers
10:00 ▶ 11:30 Kid's Activities with Melissa Freer
11:30 ▶ 12:00 Set-up for Lunch
12:00 ▶ 1:00 Lunch
1:00 ▶ 2:00 KP/Rest time
2:00 ▶ 3:30 Swim Time
3:00 ▶ 4:00 Canteen
3:45 ▶ 4:45 Kid's Activities with Melissa Freer
3:45 ▶ 4:45 Candle Imaging - Arlene Caldwell
4:45 ▶ 5:15 Set up for Dinner
5:15 ▶ 6:15 Dinner
6:15 ▶ 6:45 KP
6:45 ▶ 7:30 Free Time
7:30 ▶ 8:30 Kid's Activities with Melissa Freer
7:30 ▶ 8:30 Fireside Chats/Meditation - Arlene Caldwell
8:30 ▶ 9:00 Canteen
11:00 Lights Out



Sunday July 20

9:15 ▶ 9:45 Muffin Break
10:00 ▶ 11:30 Kid's Activities with Melissa Freer
10:00 ▶ 11:30 Celebrating our Life Journeys - Susan Scott & Tina Heathers
11:30 ▶ 12:00 Set-up for Lunch
12:00 ▶ 1:00 Lunch
1:00 ▶ 2:00 KP/Rest time
2:00 ▶ 3:30 Swim Time
3:00 ▶ 4:00 Canteen
3:45 ▶ 4:45 Kid's Activities with Melissa Freer
3:45 ▶ 4:45 Freedom to Imagine workshop - Susan Scott

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4:45 ▶ 5:15 Set up for Dinner
5:15 ▶ 6:15 Dinner
6:15 ▶ 6:45 KP
6:45 ▶ 7:30 Free Time
7:30 ▶ 8:30 Kid's Activities with Melissa Freer
7:30 ▶ 8:30 Therapeutic Drum Circle with Mary Jean Belrose
8:30 ▶ 9:00 Canteen
11:00 Lights Out

Monday July 21

9:15 ▶ 9:45 Muffin Break
10:00 ▶ 11:30 Kid's Activities with Melissa Freer
10:00 ▶ 11:30 Finding our Way Home workshop - Susan Scott
11:30 ▶ 12:00 Set-up for Lunch
12:00 ▶ 1:00 Lunch
1:00 ▶ 2:00 KP/Rest time
2:00 ▶ 3:30 Swim Time
2:00 ▶ 2:30 Intro to Tai Chi with Johan Koeslag
3:00 ▶ 4:00 Canteen
3:45 ▶ 4:45 Kid's Activities with Melissa Freer
3:45 ▶ 4:45 Community Drum Circle with Mary Jean Belrose
4:45 ▶ 5:15 Set up for Dinner
5:15 ▶ 6:15 Dinner
6:15 ▶ 6:45 KP
6:45 ▶ 7:30 Free Time
7:30 ▶ 8:30 Kid's Activities with Melissa Freer
7:30 ▶ 8:30 Meditation with Johan Koeslag
8:30 ▶ 9:00 Canteen
11:00 Lights Out

Tuesday July 22

9:15 ▶ 9:45 Muffin Break
9:45 ▶ 11:00 Camp Clean-up/Pack-up
11:00 ▶ 11:30 Closing Ceremony
11:30 ▶ 12:00 Set-up for Lunch
12:00 ▶ 1:00 Lunch
1:00 ▶ 2:00 KP/Rest time
2:00 ▶ 3:30 Swim Time
4:00 Departure

