

**Schedule Rooting Our Hearts: Tools for Inner Peace**  
**October 27-29**  
**Samish Island Retreat Centre**

**Friday**

- 4pm Guests arrive and set up cabins. – Check-in at dining hall with Debra
- 6pm Dinner
- 7:30 Welcome – Samish Church
- 8:00 Movement Practice – Vanessa  
Listening for the Soul, Oracle cards and Toolboxes - Shannon
- 10pm Bedtime or visit in the Dining Hall

**Saturday**

- 7:30 Land acknowledgement and Walking Meditation– meet at flagpole.
- 8:00 Breakfast
- 9:30 Exploring Intuition - Vanessa – Samish Church
- 11:15 Movement Practice – Samish Foyer
- 12:00 Lunch
- 1:30 Listening for the Soul – Shannon – Samish church.
- 2:00 Movement Practice – Barbara  
Understanding Your Intuition. intuition quiz - Vanessa
- 3:00 Open time with options:
  - Walk the Labyrinth
  - Scatter petals
  - Practice a movement you learned this weekend.
  - Journal
  - Work on your Oracle Cards
- 5:30 Movement Practice – Vanessa – Samish church  
How to use Oracle Cards – Vanessa
- 6pm Dinner
- 7:30 Movement Practice – Barbara – Samish church  
Evening session to be confirmed.
- 9:30 Bedtime or visit in the Dining Hall.

**Sunday**

- 7:30 Land acknowledgement and Walking Meditation– meet at flagpole.
- 8:00 Breakfast
- 10:00 Listening for the Soul, Closing and sharing, Group photo.
- 11:30 Pack up Samish Church
- 12:00 Pack up Cabins
- 1:00 Goodbye until next time