

## Serenbe Post-Summit Retreat for 2020 GWS Delegates November 12-13, 2020

	WELLNESS	DEVELOPMENT		
<b>Day One Nov. 12</b>				<b>Facilitator</b>
<b>6:45-7:30am</b>	Sunrise Mindfulness Meditation at the Labyrinth			
<b>8:00-9:00am</b>	Movement of Choice at One Mado: Yoga Pilates Peleton			
<b>9:00-10:30am</b>	Breakfast at Halsa			
<b>10:30am-12:00pm</b>	Community Walk beginning at One Mado with Steve Nygren: Explanation of Serenbe & Mado			
<b>12:00-1:30pm</b>	Lunch at The Hill			
<b>1:30-3:00pm</b>	Nature Experience of Choice: Horseback trail ride to waterfall beginning at the Horse Barn by the Inn / Trail hike to the Ruins leaving from the General Store	Concept to Reality / Zoning / Funding - Walk beginning at The Hill		Steve Nygren
<b>3:00-5:00pm</b>	Spa Treatments at the Spa at Serenbe & Creek Retreat	Land plans / Streetscapes / Transects / Sacred Geometry		Phill Tabb, Steve Dray, Cecilia Winston
<b>5:00-6:00pm</b>	Personal Time			
<b>6:00-7:30pm</b>	Reception with The Nygrens at their Townhouse - 9070 Selborne Lane			
<b>7:30-10:00pm</b>	Dinner at The Farmhouse			
<b>Day Two Nov. 13</b>				
<b>6:45-7:30am</b>	Sunrise Mindfulness Meditation at Mado's Sunrise Hill			
<b>8:00-9:00am</b>	Movement of Choice at One Mado: Yoga Pilates Peleton			
<b>9:00-10:30am</b>	Breakfast at Halsa			
<b>10:30 am-12:00 pm</b>	Meet with Healer or Wellness Coach at One Mado	Walk beginning at Halsa	Green Infrastructure	Steve N, Steve H,
<b>12:00-1:00pm</b>	Lunch at The Hill	Discussion Over Lunch		
<b>1:00-2:00pm</b>	Tour with Farmer Ian at Serenbe Farms	Farms / Rodale Institue / health		Ian & Institue Rep
<b>2:15-4:00pm</b>	Cooking Class with Chef Nic at Gainey Hall	<b>2:00-3:00pm</b>	Serenbe Institue/ Arts & Event programing	Monica, Steve N
<b>4:00-4:30pm</b>	Sweet Serenbe Reception at the Farmhouse	<b>3:15-4:00pm</b>	Wellness as a Foundation	Steve N
<b>4:30pm</b>	Departure			