

**Mount Shasta Residential Retreat with Emily Carson**  
**September 23-26, 2016**  
**Tentative Retreat Schedule**

***Friday, September 23***

**7:30am:** Shuttle riders meet in Multnomah Village

**8am:** Shuttle departs from Portland (lunch en route)

**3pm:** Bath, sauna, relaxation, and snack at Stewart Mineral Springs (additional fee: \$20 full bath experience, \$10 sauna and decks, \$5 decks only)

**5pm:** Check-in at retreat center and facility orientation

**6pm:** Dinner with welcome by Emily

**7pm:** Session with Emily

**8:30pm:** Tea and dessert

**9pm-9am:** Quiet hours

***Saturday, September 24***

**8:00am-12pm:** Breakfast cooked to order all morning and free time

**12:30pm:** Lunch

**1:30pm:** Session with Emily

**3:30pm:** Snack, with lunch leftovers available, and free time

**6pm:** Dinner

**7pm:** Session with Emily

**8:30pm:** Tea

**9pm-9am:** Quiet hours

***Sunday, September 25***

**8:30-10am:** Breakfast

**10am-3pm:** Mount Shasta outing (transportation and sack lunch provided)

**3pm:** Snack and rest

**4pm:** Session with Emily

**6:30pm:** Dinner, dessert, and tea

**9pm-9am:** Quiet hours

***Monday, September 26***

**8-10am:** Breakfast

**11am:** Facility check-out (all bags packed and in the shuttle)

**11am-12pm:** Final session with Emily

**12pm:** Departure (Portland shuttle departs, with lunch stop in Ashland, OR)