

Serenity Central of New England
Turning Leaves, Turning Mind Retreat – Oct. 16-18, 2026

FRIDAY: Arrival, Grounding & Connection

Arrival & Check-In: 3:00 PM

Dinner: 6:00 PM

Welcome Circle & Orientation: 7:30 PM

Chakra Dance: 8:00 PM

Fire Circle Gathering: 8:30 PM

Closing Meditation: 9:30 PM

SATURDAY: Exploration, Practice & Renewal

Meditation: 7:00 AM

Yo-Qi & Movement: 7:30 AM

Breakfast: 8:30 AM

Deep Forest Therapy Walk: 9:30 AM

Lunch: 1:00 PM

Guided Meditation: 2:00 PM

Eco-Art & Nature Exploration: 2:30-5:00 PM

Afternoon Tea: 4:30 PM

Conservation Talk: 5:00 PM

Light Supper: 6:30 PM

Yin Yoga & Sound Meditation: 7:30 PM

Fire Circle Gathering: 8:45 PM

Evening Closing: 10:00 PM

SUNDAY: Reflection, Gratitude & Departure

Sunrise Meditation: 6:30 AM

Morning Yoga: 7:00 AM

Breakfast: 8:00 AM

Final Forest Walk: 9:30 AM

Closing Circle & Sharing Blessings: 11:00 AM

Farewell Lunch: 12:00 Noon