Draft Schedule for 2025 BIPOC retreat with Kritee Kanko, Bianca Acosta & Ramon Parish Belonging to Each Other: Falling in Love with Mother Earth Together

Work That Reconnects		Gratitude	Trust building	Honoring our pain	Seeing with new eyes	Integrate & Going Forward	Re-entry into
Date	Mon, Aug 18	Tue, Aug 19	Wed, Aug 20	Thu, Aug 21	Fri, Aug 22 SOLO	Sat, aug 23	Sun, Aug 24
6:30			Yoga/Movement			Yoga/Movement	
6:45-7:30		Meditation	Morning Meditation		Pack meal Blessings	Morning Meditation	
8-9:30		Silent Breakfast and cleanup	Silent Breakfast + Cleanup	Silent Breakfast + Cleanup		Silent Breakfast + Cleanup	Breakfast + Cleanup
9:30-10:30		Practice of resting, listening, building trust & vulnerability	Four layers of belonging amidst chaos	Grief Ceremony Somatic share in small		Dharma talk: Climate & justice movement	Review of healing practices + Feedback
10:45 – 12:00	Plan to reach	Walk to meadow + Outdoor intro to kinning + mirroring	Walk to Rockpile + Dharma sharing in groups about our work	Break Guidelines 1.5 hour Grief/Rage ceremony in full group	Solo practice in nature	Dharma sharing in small affinity groups OR Individual support (15 minute sessions, slots for 12 people)	Closing ceremony to call in ancestors for going into the world
12:30-2	center before 2 pm	Silent Lunch (except on Aug 21) + cleanup				Lunch (15 min silent) + cleanup	Early leftover lunch at noon + community cleaning
2 – 3:30		Movement & Ecstatic dance with Ramon	Short Movement session	Cleansing ceremony Debrief		Going forth: Seven generations practice	Blessings and Departures no earlier than 2 pm.
3:30-6	3:30 Intros, songs Ice breakers Orientation to lodge and land Opening	Talk: Arc of retreat, Polycrisis + Conflict during retreat + Block Build Be 5 pm Small	Large group: work in the world in context of BBB 5pm Yoga/ Movement	Intro to Solos (Our fears) Selection of spots	5 pm Welcome Back		Teachers and retreat managers leave
	ceremony	affinity groups					
6:30 - 8	Silent Dinner + Cleanup						
8:15 -9:45	Orient to Silence, Altar bowls + Meditation	grandmothers	Rest/ optional relaxation at 8:30	Rest/Prep for Solo	8pm Solo integration time by portal	Collaboration Dreams for Movement building	
9:45	Noble Sil	ence (please ma	aintain complete	silence till after	breakfast the fol	lowing day)	