

AGENDA: WOMEN'S WELLNESS RETREAT 2026**October 23 & 24, 2026****Mt. Hood Resort, Welches, OR**

	START TIME:	END TIME:	FUNCTION:
FRIDAY 10/23			Main functions, and dinner in Hunchback, creative activity in Huckleberry
	1:00PM	1:30PM	REGISTRATION – Coffee & Tea service
	1:00PM	2:45PM	LUNCH BUFFET
	1:45PM	2:45PM	Welcome, Announcements, & Introductory Activity
	2:45PM	3:00PM	BREAK
	3:00PM	4:00PM	SESSION 1 – The Scale of Fairness – (Access to Justice) - Emily Cooper
	4:00PM	5:00PM	BREAK/CHECK IN
	5:00PM	5:30PM	Yoga
	5:30PM	6:30PM	SESSION 2 – Embodied Ethics (Ethics) - Amber Hollister
	6:30PM	7:45PM	DINNER BUFFET - Dinner discussion
	8:00PM	9:00PM	Creative Activity
SATURDAY 10/24 *Checkout is 11am*			Main functions and meals in Hunchback, and yoga in Huckleberry
	7:15AM	8:15AM	Yoga
	8:30AM	9:45AM	BREAKFAST BUFFET
	8:45AM	10:15AM	SESSION 3 – Communal Healing: PART I (MHSU) - Karen Neri
	10:15AM	10:30AM	BREAK & CHECK OUT
	10:30AM	11:00AM	SESSION 3 – Communal Healing: PART II (MHSU) - Karen Neri
	11:00AM	11:30AM	Appreciation Circle
	11:45AM	12:45PM	LUNCH BUFFET
	12:45PM	1:45PM	Closing Integration Activity