

Day 1



4 - 5:30pm
Arrival, Registration,
and [Settling In](#)

5:30 - 6pm
HSI Orientation

6 - 7pm
Yummy Supper
Mingling over Food

7 - 8pm
Introductions
Discussion of Retreat Flow

8 - 9pm
[Evening Fire Circle & Sit](#)
(Optional)

9 pm - sleep
Independent Writing



Day 2



7 - 8am
Self-Care Practices

8 - 9am
Energizing Breakfast

9 - 11am
Optional Workshop:
Writing as Practice*

11 - 12:30pm
Independent Writing

12:30 - 2pm
Delicious Dinner, Rest,
and/or [Fresh Air](#)

2 - 5pm
Independent Writing

5 - 6pm
Group Check In and
Set Plan for Evening

6 - 7pm
Yummy Supper

7 - 8pm
[Evening Fire Circle & Sit](#)
(optional)

8 pm - sleep
Independent Writing

Day 3



7 - 8am
Self-Care Practices

8 - 9am
Energizing Breakfast

9 - 11am
Optional Workshop:
Demystifying the Writing
Process*

11 - 12:30pm
Independent Writing

12:30 - 2pm
Delicious Dinner, Rest,
and/or [Fresh Air](#)

2 - 5pm
Independent Writing

5 - 6pm
Group Check In and
Set Plan for Evening

6 - 7pm
Yummy Supper

7 - 8pm
[Evening Fire Circle & Sit](#)
(optional)

8 pm - sleep
Independent Writing

Day 4:



9 - 11am
11 - 12:30pm
12:30 - 2:00 pm

Workshop: Concrete Next Steps
Independent Writing
Delicious Dinner, Chatting, and Departure

*Workshops are subject to change based on participant needs.