

Path of Compassion

Women of Color Retreat Agenda – October 6-9, 2023

Dates and Times	Content	Instructors
Friday 10/6 5-8p	– Welcome & Creating the Group Container	Kimberly & Ve'Lyn
Saturday 10/7 - Sunday 10/8 (8a-4p)	– Gentle Yoga & MSC Meditations (<i>in loving silence</i>) – Lunch – Sister Circle	Kimberly On your own Ve'Lyn
Monday 10/9 8a -12n	- Gentle Yoga and MSC meditation - Discussion (Building Your Village and Returning Home)	Kimberly Kimberly & Ve'Lyn

Lunch will be on your own. Wear comfortable clothes. Yoga studio has mats and props, but you are welcome to bring your own. Only closed containers allowed in yoga studio. Masks are currently optional but will be updated based on CDC requirements.

Kimberly Middleton

kimberly7917@gmailcom ~ 240-461-7126

Path of Compassion, LLC