

Schedule of Events

Friday evening: Bastion at 1901 Mirabeau Ave.

6pm-8pm: Dinner and Orientation/Opening

Saturday: Contemporary Arts Center at 900 Camp St.

11-12: Light Breakfast (fruit, bagels, muffins, yogurt, coffee, cereal, etc.)

12-1:30: Veterans Writing Workshop OR Yoga OR TBD

1:30-2:30: Lunch

2:30-3:30: Veterans Writing Workshop/Prep for reading OR Holistic healing

3:45-5:15: Holistic Healing session TRE (Tension & Trauma Releasing Exercises)

Travel to VFW at 531 Lyons St.

5:45-6:45: Dinner

7: Poetry reading

Sunday: Contemporary Arts Center at 900 Camp St.

10:30-11:30: Light Breakfast

11-1: Holistic Healing

11:30-1: Writing workshop for anyone OR Visual Arts Session

1-1:45: Lunch

2-4: Lilac & Liquor, a play by Jeff Key

4-5: Closing Circle

5:30-7: Facilitator's Training OR Visual Arts Session

7-8: Dinner