

Birchwalking ReTREEt

September 20 - 22, 2024

Program Agenda

Location: [Geneva Point Center, Moultonborough, NH](#)

Friday: Day 1

Arrival time: 3:00 and 5:00 PM

- 5:00 PM Welcome from the BirchWalking Team front porch of the Inn
- 5:30 – 6:30 PM DINNER at the Inn (all meals will be at the Inn)
- 6:30 to 8:00 PM **Opening Session in the Barn:** Overview of ReTREEt experience
Nature Dialogue #1 [Dr. Semra Aytur](#) – “Connecting Planetary & Human Health”
- 8:00 PM **Fire Circle** (Setting Intentions) [Puja Fire](#) in the campground area near the Barn

Saturday: Day 2

- 6:30 – 7:15 AM **Sunrise Cold Plunge Experience** (breathing and cold-water plunge)
- 8:00 to 9:00 AM BREAKFAST at the Inn
- 9:30 AM - 12:30 PM **Forest Therapy Walk** **Geneva Point Campus**
- 12:30 to 1:30 PM LUNCH at the Inn
- 1:45 – 2:45 PM *Nature Dialogue #2* [Author Nadine Mazzola](#) – “Forest Bathing with Your Dog” in the Barn
- 2:45 – 6 PM **OPTIONAL TIME** (Choices)
By APPOINTMENT: Massage and/or Acupuncture
Sign-ups by SESSION: Yoga
Self-Directed with Support Station in the Barn: Nature Artistry, Nature Journaling & Nature Meditation
Self-Directed FREE Time: Walking the trails, mindful water sports (kayaking, canoeing, swimming)
- 6:00 – 7 PM DINNER - Cookout (weather permitting) at the Barn
- 7:00 – 9 PM **Sound Healing** or **Movie and Reflections** (weather permitting) in the Barn
- 9 PM **Fire Circle** (opportunity for personal reflections and community) in the campground area near the Barn

Sunday: Day 3

6 – 6:30 AM	Sunrise Cold Plunge Experience (breathing and cold-water plunge)
6:30 – 8:30 AM	Sunrise Forest Therapy Walk Geneva Point Campus
8:30 – 9:15 AM	BREAKFAST
9:30 – 12:00 PM	Nature Dialogues – “Nature Connected Wellness: Promoting Individual, Community, and Organizational Well-Being” Meeting House Great Hall
9:30 – 10:45 am	Session #3 - “Trauma & Resiliency: How Nature Connected Interventions Can Promote Healing and Growth” <ul style="list-style-type: none">• Supporting the wellness of health and human services professionals, caregivers, those they serve and love. <i>Dr. Suzanna Fletcher and Siobhan Connelly</i>
BREAK	10:45 – 11:00 AM
11:00 – 12:15 pm	Session #4 - “Leading from the Roots: How Nature Can Inspire Team, Organizational and System Wellness” <ul style="list-style-type: none">• Supporting the wellness of health and human services professionals and caregivers and the teams and organizations they work within. <i>Christine Tappan and Dr. Charmaine Brittain</i>
12:15 – 1:15 PM	LUNCH - at the Inn
1:30 - 2:45 PM	Nature Dialogue #5 <i>Dr. Susan Masino</i> – “Nature & Neuroscience: Connecting Forests and Brain Health” in the Meeting House Great Hall
2:45 – 3:00 PM	CLOSING: Reflections and Integration: Walking a Path of Nature Connectedness and Well-Being lawn of the Quad
3:00 pm	Departure

5.75 CEUs available through NASW NH

SCHEDULE SUBJECT TO CHANGE