

CTTC Retreat 2025

Welcome

*Celebrating the Community
+ Nourishing the Soul*

Thursday Evening

4-6:30: Arriving & Settling in

6:30-7:30: Dinner

7:30-8:00: Opening ceremony – Brad, Stefanie & Marcia

8:00-8:20: Orientation to weekend – CTTC Staff, Brad, Stefanie & Marcia

8:20-9:00: Small Groups

9:00-9:30: Tea Ceremony – Jacob Art

9:30: Sleep/Social Time



CTTC Retreat 2025

Friday

Morning

Choose 1:

- 7-8: Yoga - Laurie Berson
- 7-8: Anapana meditation - Alitia Farrell

8:15-9:15: Breakfast

Choose 1:

- 9:30-12: Relational Presence: A Practice in Authentic Connection -Nalini Snell + Georgia Simone
- 9:30-12: Exploring Neurodivergence - Sabrena Ness
- 9:30-12: Survival Strategies as our Superpowers: Brad

Midday

12:30-1:30: Lunch

Choose 1:

- 1:30-3:30: Outdoors activity - Alex White + Benedikta Karaisl Von Karais
- 1:30-3:30: Free Time

Afternoon

Choose 1:

- 3:30-6:00: Feeling Our Hearts - Dede Johnson
- 3:30-6:00: Holotropic Breathwork - Monti Pal
- 3:30-6:00: Singing Together: Songs for Honoring Life, Transitions, and Transformation - Tracy Clark

Evening

6:30-7:30: Dinner

7:30-8:00: Tea Ceremony - Jacob Art

8:00-9:00: Virtual Campfire & T Shirt Making

9:00: Sleep/Social Time

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Saturday

Morning

Choose 1:

- 7-8: Energetic Skills Meditation – Onawa Lanier
- 7-8: Authentic Movement – Samantha Alcalde

8:15-9:15: Breakfast

Choose 1:

- 9:30-12: Spirituality, Mysticism, and Returning to the Self – Daniel Isaacson
- 9:30-12: Religious Trauma – Jess Willman
- 9:30-12: Mentorship, Consultation + Supervision – Stefanie Klein

Midday

12:30-1:30: Lunch

Choose 1:

- 1:30-3:30: Outdoor Activity (Forest Bathing) – Bianka Hardin
- 1:30-3:30: Free Time

Afternoon

Choose 1:

- 3:30-6:00: Soulprints-Weaving the Invisible: A community writing mandala ritual – Whitney Sutherland
- 3:30-6:00: Dream Workshop – Lily Jaser
- 3:30-6:00: Sparking Curiosity through Creative Exploration – Amanda Losch + Karen Ihrig

Evening

6:30-7:30: Dinner

7:30-8:00: Tea Ceremony – Jacob Art

8:00-9:00: Kirtan – from Shivananda Yoga

9:00: Sleep/Social Time

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Sunday

Morning

Choose 1:

- 7-8: Soma Breath Meditation – Tara Rinke
- 7-8: Self-Connection – Emily Ruth McIntosh

8:15-9:15: Breakfast

Choose 1:

- 9:30-12: Working with Grief – Samantha Montemayor
- 9:30-12: Working with Addiction – Sherri Sharkins
- 9:30-12: Exploring Intention through the Personal Interpersonal + Transpersonal focus – Marcia Black, Benedikta Karaisl von Karais & Alex White

Midday

12:30-1:30: Lunch

Choose 1:

- 1:30-3:30: Listening to & Connecting with Trees – Aubree Tovrea
- 1:30-3:30: Free Time

Afternoon

Choose 1:

- 3:30-6:00: Demo Workshop – Brad, Stefanie & Marcia
- 3:30-6:00: Vision Boarding – Bianka Hardin
- 3:30-6:00: Group Process – James Horne, Jason McNaughton, Heather Parker

Evening

6:30-7:30: Dinner

7:30-8:00: Tea Ceremony – Jacob Art

8:00-10:00: Improv + Skits – Tracy Clark + Jacob Art

10:00: Sleep + Social time

Morning

Monday

Choose 1:

- 7-8: Contemplative Walk – Sabrena Ness
- 7-8: Self-Connection – Emily Ruth McIntosh

8:15-9:30: Breakfast & Packing up

9:30-10: Closing Ceremony Part 1 –Brad, Stefanie & Marcia

10-11:15: Small Groups

11:15-11:30 Break

11:30-12:30 Closing Ceremony Part 2 –Brad, Stefanie & Marcia

12:30: Goodbyes + Departures

*Thank you +
Safe Travels!*

Crystal Hermitage

Ananda Village

Click on Map to Enlarge

