



8,483 FEET \* 40° 15' 15.62" N 105° 48' 49.95" W

## THE RETREAT AT SHADOWCLIFF

*TREATMENT EDUCAT1ON NETWORK*

### JULY 9 - 12 2015

\* BODY \* MIND \* SPIRIT \*

#### Thursday 9 July

12:57am	<i>Moonrise (waning crescent 40% illuminated)</i>
5:09 am	<i>Begin civil twilight (end nautical twilight)</i>
5:42 am	<i>Sunrise</i>
7:35 am	<i>Moon transit</i>
1:09 pm	<i>Sun transit</i>
2:21 pm	<i>Moonset</i>
8:35 pm	<i>Sunset (begin civil twilight)</i>
9:07 pm	<i>End civil twilight (begin nautical twilight)</i>

1:00 - 5:00 pm	Arrival & Room Assignments ( <i>then relax, hang out, nap, take a walk</i> )
5:00 - 6:00 pm	<b>Meet &amp; Greet</b> ( <i>Rempel Lodge lounge</i> )
6:00 - 6:45 pm	Dinner
7:00 - 7:30 pm	Volunteer Staff Meeting ( <i>Chapel</i> )
7:30 pm	<b>Welcome and Opening Session</b> ( <i>Chapel</i> ) ( <i>everyone must attend</i> )
after opening	Bodywork & Activity Sign-ups (in dining room)
after sign-ups	* Board & Card Games in the lodge * Stargazing, Satellites & Telescopes (on balcony or at the point)

## **Friday 10 July**

<i>1:35 am</i>	<i>Moonrise (waning crescent 29% illuminated)</i>
<i>5:10 am</i>	<i>Begin civil twilight (end nautical twilight)</i>
<i>5:43 am</i>	<i>Sunrise</i>
<i>8:28 am</i>	<i>Moon transit</i>
<i>1:09 pm</i>	<i>Sun transit</i>
<i>3:27 pm</i>	<i>Moonset</i>
<i>8:34 pm</i>	<i>Sunset (begin civil twilight)</i>
<i>9:07 pm</i>	<i>End civil twilight (begin nautical twilight)</i>

6:10 am	Sunrise Ceremony at the Point ( <i>meet in dining room</i> )
7:00 - 8:00 am	<b>“Twenty↔Twenty↔Twenty”</b> pylometric exercise/yoga/qigong/mediation
7:30 - 8:30 am	Breakfast Buffet ( <i>help yourself at any time</i> )
10:00 am - - 10:45 or Noon	Hike to Adam Falls ( <i>short</i> ) or 30 minutes more up the valley ( <i>long</i> ) ( <i>sign-up ahead of time</i> )
noon - 12:45 pm	Lunch
1:00 - 2:00 pm	<b>“4 Steps to Smarter Eating”</b> ( <i>seminar</i> )
3:00 - 4:30 pm	<b>“Creative Visualization (Vision Boards)”</b> (in dining room)
4:30 - 5:00 pm	<b>“The Biggest Mess”... Substance Use &amp; HIV</b> ( <i>video</i> )
6:00 - 6:45 pm	Dinner
7 :15 - 7:30 pm	<b>"The Dating Game"</b> ( <i>video</i> ) followed by....
7:30 - 8:30 pm	<b>Fireside Chat: “Sex, Dating, &amp; Disclosure”</b> (at the Point)
8:30 til bedtime	* Board & Card Games in the lodge * Stargazing, Satellites & Telescopes (on balcony or at the point)

## Saturday 11 July

2:16 am	<i>Moonrise (waning crescent 19% illuminated)</i>
5:11 am	<i>Begin civil twilight (end nautical twilight)</i>
5:43 am	<i>Sunrise</i>
9:21 am	<i>Moon transit</i>
1:09 pm	<i>Sun transit</i>
4:31 pm	<i>Moonset</i>
8:34 pm	<i>Sunset (begin civil twilight)</i>
9:06 pm	<i>End civil twilight (begin nautical twilight)</i>

6:05 am	Sunrise Ceremony at the Point ( <i>meet in dining room</i> )
7:00 - 8:00 am	<b>“Twenty↔Twenty↔Twenty”</b> pylometric exercise/yoga/qigong/mediation
7:30 - 8:30 am	Breakfast Buffet ( <i>help yourself at any time</i> )
10:30 - 11:45 am	<b>“TEN Topics in HIV Care”</b> ( <i>seminar</i> )
noon - 12:45 pm	Lunch
1:00 - 2:00 pm	<b>“Listening Session on HIV Care Services”</b> ( <i>interactive workshop</i> )
1:45 - 2:30 pm	Boat Tour on Grand Lake “ <i>Spirit Lake</i> ” (Group 1) <i>sign-up req’d</i>
2:15 - 3:00 pm	Boat Tour on Grand Lake “ <i>Spirit Lake</i> ” (Group 2) <i>sign-up req’d</i>
4:55 pm	<b>Group Photo (and Pony Express kick-off)</b> in the Chapel
6:00 - 6:45 pm	Chuckwagon Round-Up Dinner Eee-Haw!
6:45 - 7:00 pm	<b>“The Pony Express Must Get Through”</b>
7:45 - 8:45 pm	<b>“Sharing Showcase”</b>
after Showcase	* Board & Card Games in the lodge * Stargazing, Satellites & Telescopes (on balcony or at the point)

## Sunday 12 July

3:00 am      *Moonrise (waning crescent 12% illuminated)*  
5:12 am      *Begin civil twilight (end nautical twilight)*  
5:44 am      *Sunrise*  
7:19 am      *Moonset*  
10:14 am     *Moon transit*  
1:09 pm      *Sun transit*  
8:33 pm      *Sunset (begin civil twilight)*  
9:06 pm      *End civil twilight (begin nautical twilight)*

7:15 - 7:30 am      *Eucharist in the woods (meet in the dining room)*

7:30 - 8:30 am      **Breakfast Buffet** (*help yourself at any time*)

8:30 - 9:00 am      **Make beds, straighten rooms, & pack** (put luggage in main lounge)

9:00 - 9:30 am      **“Closing”** (*Chapel*)

9:45 - 10:15 am     **“Twenty↔Twenty”**  
yoga/qigong/mediation

10:15 - 10:45 am    **“Password”** (*possibly “Wheel of Fortune”*)

10:30 - 2:00 pm     **Hike North Inlet Trail to Cascade Falls** (*sign-up ahead of time*)

11:00 am            **Load cars, farewells, leave for home**

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**Civil twilight** is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 6 degrees below the horizon. This is the limit at which twilight illumination is sufficient, under good weather conditions, for terrestrial objects to be clearly distinguished; at the beginning of morning civil twilight, or end of evening civil twilight, the horizon is clearly defined and the brightest stars are visible under good atmospheric conditions in the absence of moonlight or other illumination. In the morning before the beginning of civil twilight and in the evening after the end of civil twilight, artificial illumination is normally required to carry on ordinary outdoor activities. Complete darkness, however, ends sometime prior to the beginning of morning civil twilight and begins sometime after the end of evening civil twilight.

**Nautical twilight** is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 12 degrees below the horizon. At the beginning or end of nautical twilight, under good atmospheric conditions and in the absence of other illumination, general outlines of ground objects may be distinguishable, but detailed outdoor operations are not possible, and the horizon is indistinct.

# THE TEN RETREAT AT SHADOWCLIFF

## SESSION DESCRIPTIONS

### “Twenty↔Twenty↔Twenty”

You may come for some or all or leave early ... very flexible.

*Note: You will be having breakfast after this session.*

#### ➤ **Plyometrics Exercise (20 minutes: 7:00-7:20am)**

Christopher and Amirta (Friday & Saturday; not on Sunday)

Plyometrics, also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing both speed and power. This training focuses on learning to move from a muscle extension to a contraction in a rapid or "explosive" manner, such as in specialized repeated jumping.

#### ➤ **Yoga (20 minutes: 7:20-7:40am)**

Christopher and Amirta (Friday & Saturday; Sunday after closing)

Yoga may involve putting one's body in what initially seems like unusual poses or *asanas*. This results in gently exercising muscles and joints so we can go through the day without body pains, and we can sit and quiet our minds. Yoga can be especially effective for countering side effects of meds and helping our internal organs boost our immune systems. This mild yoga session should just make your body feel good and let you be mellow. Join us! Namasté.

#### ➤ **Qigong (20 minutes: 7:40-8:00am) followed by brief meditation**

Christopher and Amirta (Friday & Saturday; Sunday after closing)

Qigong and *T'ai Ji* are ancient Chinese healing movement arts that bring peace to the mind and healing to the body. Working with gentle movement, focus, and the breath, these exercises help increase the energy level in the body, create a sense of grounded awareness, and improve circulation, balance, coordination and muscle tone, as well as helping to clear the mind and bring about a state of peace. They are gentle exercises, making them appropriate for anyone, regardless of their physical abilities. Qigong is an excellent way to experience power and dominion within through finding center. This session will focus on bringing to each of us the awareness of the power of Chi, with specific methods to help increase the feeling of energy and vitality in the body.

## **Nutrition Workshop: 4 Steps to Smarter Eating**

Debbie O'Reilly (Friday 1:00 pm)

Develop your nutrition profile, discover the 2 ingredients in many foods that are harmful to your health and how to spot them by reading nutrition labels. Then develop a personal food plan to save you money and add years to your life.

## **Creative Visualization (Dream Boards)**

Dan Miller (Friday 3:00 pm)

Using an exercise from the bestseller "Creative Visualization" by Shakti Gawain, we will create "vision boards" which is an actual picture of your desired goal or reality for the next year. A "vision board" is valuable because it forms an image which can then attract and focus energy into your goal. The board will be a drawing or sketch or collage using pictures and words cut from magazines. Don't worry if you aren't artistic. Simple vision boards are just as effective as great works of art. We will also explore how to use the board you've created over the course of the next year. (All sorts of supplies will be available for you to use.)

## **TEN Topics in HIV Care**

Steve Johnson, MD, University of Colorado (Saturday 10:30 am)

This seminar will review ten topics/questions in HIV care, prevention, and research, with an emphasis on recent developments, including the recent CROI conference in Seattle. The topics will include new drugs and combos, new methods for HIV prevention, side effects of therapy, and optimizing HIV primary care. There will be plenty of opportunity for Q & A.

## **Listening Session on HIV Care Services**

Jean Finn, HIV Resources Planning Council (Saturday 1:00 pm)

When Clinton and Congress passed the Ryan White Care Act in the early 90's, it required direct community involvement in the administration of these funds, and local communities would decide how to allocate monies for various services. Come and give your input on how you think funds should be spent in the 6 county Denver metropolitan area. Participants will share their experiences and ideas on how to improve health service and stay healthy in their community. Incentives will be provided.