



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

THE RETREAT AT SHADOWCLIFF

TREATMENT EDUCAT10N NETWORK

JULY 20-23 2017

* BODY * MIND * SPIRIT *

Thursday 20 July

3:08 am	<i>Moonrise (waning crescent 10% illuminated)</i>
5:19 am	<i>Begin civil twilight (end nautical twilight)</i>
5:51 am	<i>Sunrise</i>
10:28 am	<i>Moon transit</i>
1:10 pm	<i>Sun transit</i>
5:52 pm	<i>Moonset</i>
8:28 pm	<i>Sunset (begin civil twilight)</i>
9:00 pm	<i>End civil twilight (begin nautical twilight)</i>

1:00 - 5:00 pm	Arrival & Room Assignments (<i>then relax, hang out, take a walk</i>)
5:00 - 6:00 pm	Meet & Greet (<i>Rempel Lodge lounge</i>)
6:00 - 6:45 pm	Dinner
6:45 - 7:15 pm	Volunteer Staff Meeting (<i>The Center</i>)
7:15 pm	Opening Session (<i>The Center</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 21 July

4:03 am	<i>Moonrise (waning crescent 4% illuminated)</i>
5:20 am	<i>Begin civil twilight (end nautical twilight)</i>
5:52 am	<i>Sunrise</i>
11:29 am	<i>Moon transit</i>
1:10 pm	<i>Sun transit</i>
6:56 pm	<i>Moonset</i>
8:27 pm	<i>Sunset (begin civil twilight)</i>
8:59 pm	<i>End civil twilight (begin nautical twilight)</i>

6:20 am	Sunrise Ceremony at the Point (<i>meet in dining room</i>)
7:00 - 8:00 am	“Twenty↔Twenty↔Twenty” Simplified Self-Defense/Thai Yoga/Subtle Energy Medicine
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
1:15 - 2:15 pm	“4 Steps to Smarter Eating” (<i>seminar</i>)
3:00 - til done	“Creative Visualization (Vision Boards)” (in dining room)
4:15 - 5:30 pm	“The Meditation Buffet”
6:00 - 6:45 pm	Dinner
7:15 - 7:30 pm	"The Dating Game" (<i>video</i>) followed by
7:30 - 8:30 pm	Fireside Chat: “Stigma, Sex, Dating, & Disclosure” (at the Point)
8:40 - ?	“The Night Sky” (stars, planets, constellations) (at the Point)
all evening	* Board & Card Games in the lodge

Saturday 22 July

5:05 am	<i>Moonrise (waning crescent 1% illuminated)</i>
5:21 am	<i>Begin civil twilight (end nautical twilight)</i>
5:52 am	<i>Sunrise</i>
12:31 pm	<i>Moon transit</i>
1:10 pm	<i>Sun transit</i>
7:54 pm	<i>Moonset</i>
8:27 pm	<i>Sunset (begin civil twilight)</i>
8:58 pm	<i>End civil twilight (begin nautical twilight)</i>
6:20 am	Sunrise Ceremony at the Point (<i>meet in dining room</i>)
7:00 - 8:00 am	“Twenty↔Twenty↔Twenty” Simplified Self-Defense/Thai Yoga/Subtle Energy Medicine
7:30 - 8:30 am	Breakfast Buffet (<i>help yourself at any time</i>)
10:30 - 11:45 am	“TEN Topics in HIV” (<i>seminar</i>)
noon - 12:45 pm	Lunch
1:15 - 1:30 pm	“Bob & Judith Laws of Nature Interpretive Trail” (<i>short walk</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>
4:45 pm	Group Photo (and Pony Express kick-off) in The Center
6:00 - 6:45 pm	Chuckwagon Round-Up Dinner Eee-Haw!
6:45 - 7:00 pm	“The Pony Express Must Get Through”
7:45 - 8:45 pm	“Sharing Showcase”
after Showcase	* Board & Card Games in the lodge * Stargazing, Satellites & Telescopes (on balcony or at the point)

Sunday 23 July

3:46 am *New Moon (zero illumination)*
5:22 am *Begin civil twilight (end nautical twilight)*
5:53 am *Sunrise*
6:12 am *Moonrise*
1:10 pm *Sun transit*
1:31 pm *Moon transit*
8:26 pm *Sunset (begin civil twilight)*
8:44 pm *Moonset*
8:57 pm *End civil twilight (begin nautical twilight)*

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

8:30 - 9:00 am **“Twenty↔Twenty”**
 Thai Yoga/Subtle Energy Medicine (no self-defense)

9:00 - 9:30 am *Make beds, straighten rooms, & pack*

9:30 - 10:00 am **“Closing”** *(The Center)*

10:00 am *Load cars, farewells, leave for home*

10:15 - 10:45 am **“Password”** *(if people sign up)*

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.

➤ **Simple Self-Defense (20 minutes: 7:00-7:20am)**

Christopher and Amirta (Friday & Saturday)

Come and learn easy self-defense techniques in this session. We will explore a variety of scenarios and the applicable self-defense techniques necessary to survive those situations. Learn how to escape when you are grabbed. Learn the fundamentals of joint locks and breaks. Learn how to strike and disable a threatening opponent quickly and efficiently.

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

Christopher and Amirta (Friday, Saturday, & Sunday)

In this session you will learn simple but powerful stretches that will open up energy channels throughout the body, leaving you with increased energy, better range of motion and less aches and pains. These simple stretches can be done with a partner or by yourself.

➤ **Subtle Energy Medicine (20 minutes: 7:40-8:00am)**

Christopher and Amirta (Friday & Saturday, & Sunday)

In this session you will learn a series of Emotional Stress Relief Points. These points are a simple and great way to quiet the mind and body when they are overly stressed. They are also helpful with bouts of insomnia or anxiety. The points will be practiced with a partner and then practiced upon ones self.

Nutrition Workshop: “4 Steps to Smarter Eating”

Debbie O’Reilly (Friday 1:15 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. We will learn about and reinforce “smarter eating”.

Creative Visualization (Dream Boards)

Mark Keene (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.)

The Meditation Buffet

Jim Knickerbocker (Friday 4:15 pm)

This workshop is aimed at a wide audience, from those who have never meditated before to those who are experienced meditators. Beginners will gain an understanding of some purposes of meditation and the essential elements. An experiential “buffet” of several types of meditation (e.g., sitting, standing, walking, eating, and variations on each) will give everyone the opportunity to find one that appeals to them.

The Night Sky

Taylor Quist (Friday 8:40 pm) Astrophysical/Planetary Sciences, University Colorado at Boulder
The night sky has meant different things to many cultures (naming of stars, constellations, meanings) and it can be your own creation since it doesn't belong to anyone. Taylor will share tales of ancient peoples and how they viewed the sky; all the while spurring discussions of planets, other moons, life in the universe, supernovae, black holes, and any other question that has crossed your mind about space. There will not be a moon at this time, so the dark sky will make the viewing spectacular!

TEN Topics in HIV

David Wyles, MD, Denver Health and University of Colorado (Saturday 10:30 am)

This seminar will review ten “hot” topics in HIV care, prevention, and research. There will be plenty of opportunity for Q & A.

”Bob & Judith 10 Laws of Nature Interpretive Trail” (Saturday 1:15 pm)

Bob & Judith took over Shadowcliff when Pat & Warren retired, and made it what it is today, including the non-profit organization and its workshops. After 10 years, they stepped down, so to honor and commemorate them, the board created this inspiring trail on the property with “stations” along the way, each with one of the “laws of nature”.