



8,545 FEET \* \* 40° 15' 15.62" N 105° 48' 49.95" W

## THE RETREAT AT SHADOWCLIFF

*TREATMENT EDUCAT<sup>ION</sup> NETWORK (TEN)*

**JULY 21-24 2022**

\* BODY \* MIND \* SPIRIT \*

### **Thursday 21 July**

2:43 pm	<i>Moonset</i>
5:20 am	<i>Begin civil twilight (end nautical twilight)</i>
5:50 am	<i>Sunrise (14 hours 39 minutes' til sunset)</i>
1:09 pm	<i>Sun transit</i>
12:42 am	<i>Moonrise (waning crescent 40% illuminated)</i>
7:37 am	<i>Moon transit</i>
8:29 pm	<i>Sunset (begin civil twilight)</i>
8:59 pm	<i>End civil twilight (begin nautical twilight)</i>

1:00pm	Room assignments, unpack, make beds, discern agenda ... .... then relax, hang out, take a walk, enjoy the rest of the afternoon ....
5:00 - 6:00 pm	<b>Meet &amp; Greet</b> ( <i>Rempel Lodge lounge</i> )
6:00 - 6:45 pm	Dinner
6:45 - 7:15 pm	Volunteer Staff Meeting ( <i>The Chapel</i> )
7:15 pm	<b>Opening Session ... everyone must attend</b> ( <i>The Chapel</i> )
after opening	Bodywork Sign-ups (in dining room)
after sign-ups	* Board/Card Games in lodge * Stargazing*Satellites*Telescopes*

## **Friday 22 July**

<i>1:08 am</i>	<i>Moonrise (waning crescent 31% illuminated)</i>
<i>5:21 am</i>	<i>Begin civil twilight (end nautical twilight)</i>
<i>5:51 am</i>	<i>Sunrise (14 hours 37 minutes 'til sunset)</i>
<i>8:22 am</i>	<i>Moon transit</i>
<i>1:09 pm</i>	<i>Sun transit</i>
<i>3:46 pm</i>	<i>Moonset</i>
<i>8:28 pm</i>	<i>Sunset (begin civil twilight)</i>
<i>8:58 pm</i>	<i>End civil twilight (begin nautical twilight)</i>

6:15 am	Sunrise Ceremony at the Point ( <i>meet in dining room</i> )
7:30 - 8:30 am	Breakfast Buffet ( <i>help yourself at any time</i> )
8:00 - 8:30 am	<b>Tai Chi / Qi Gong</b>
8:35 - 9:05 am	<b>Morning Yoga</b>
9:45 am - - 10:45 or Noon	Hike to Adam Falls ( <b><i>short</i></b> ) or 30 minutes more up the valley ( <b><i>long</i></b> ) ( <i>sign-up ahead of time</i> )
Noon - 12:45 pm	Lunch
1:10 - 2:00 pm	<b>“Anal Health”</b> ( <i>seminar</i> )
3:00 - til done	<b>“Creative Visualization (Vision Boards)”</b> (in dining room)
4:15 - 5:00 pm	Casual discussion of “Stigma” (dating etc) (in Rempel Lounge)
5:10 - 5:30 pm	<b>Bob &amp; Judith “Laws of Nature” Interpretive Trail</b> ( <i>short walk</i> )
6:00 - 6:45 pm	Dinner
7:30pm .....	<b>Game Night!</b> - board & card games in the lounge and dining room ( <i>or just socializing</i> )
8:05pm	Sunset Ceremony at the Point ( <i>while games are on short hold</i> )

## **Saturday 23 July**

<i>1:37 am</i>	<i>Moonrise (waning crescent 22% illuminated)</i>
<i>5:22 am</i>	<i>Begin civil twilight (end nautical twilight)</i>
<i>5:52 am</i>	<i>Sunrise (14 hours 35 minutes 'til sunset)</i>
<i>9:08 am</i>	<i>Moon transit</i>
<i>1:09 pm</i>	<i>Sun transit</i>
<i>4:49 pm</i>	<i>Moonset</i>
<i>8:27 pm</i>	<i>Sunset (begin civil twilight)</i>
<i>8:57 pm</i>	<i>End civil twilight (begin nautical twilight)</i>

6:15 am	Sunrise Ceremony at the Point ( <i>meet in dining room</i> )
7:30 - 8:30 am	Breakfast Buffet ( <i>help yourself at any time</i> )
8:00 - 8:30 am	<b>Tai Chi / Qi Gong</b>
8:35 - 9:05 am	<b>Morning Yoga</b>
10:30 - 11:45 am	<b>“TEN Hot Topics in HIV”</b> ( <i>seminar</i> )
noon - 12:45 pm	Lunch
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>
4:35 pm	<b>Group Photo (and Pony Express kick-off)</b> in the Chapel
5:45 - 6:00 pm	<b>“The Pony Express Must Get Through”</b>
6:15 - 7:00 pm	Chuckwagon Round-Up Dinner Eee-Haw!
7:45 - 9:00 pm-ish	<b>“Sharing Showcase”</b>
after Showcase	* Socializing in the lounge * Stargazing, Satellites & Telescopes ( <i>on balcony or at the point</i> )

## Sunday 24 July

2:12 am	<i>Moonrise (waning crescent 14% illuminated)</i>
5:23 am	<i>Begin civil twilight (end nautical twilight)</i>
5:52 am	<i>Sunrise (14 hours 34 minutes 'til sunset)</i>
9:57 am	<i>Moon transit</i>
1:09 pm	<i>Sun transit</i>
5:48 pm	<i>Moonset</i>
8:27 pm	<i>Sunset (begin civil twilight)</i>
8:56 pm	<i>End civil twilight (begin nautical twilight)</i>

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

8:00 - 8:30 am      **Tai Chi / Qi Gong**

8:35 - 9:05 am      **Morning Yoga**

9:05 - 9:45 am      Make beds, straighten rooms, & pack

9:45 - 10:30 am      **“Closing”** (*The Chapel*)

10:30 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.

**Astronomical Twilight** (not listed on daily agenda) is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 18 degrees below the horizon. The difference is not apparent to the eye, but for stargazers, it's when fainter stars & clusters are better to observe.

# THE “TEN” RETREAT AT SHADOWCLIFF

## SESSION DESCRIPTIONS

### **Tai Chi / Qi Gong**

Jason (every day 8:30-9:00am)

Tai Chi and Qi Gong 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. Qi Gong 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.

### **Gentle Morning Yoga**

Antonio (every day 8:35-9:05am)

Antonio is an RYT-200 Vinyasa Yoga Teacher and a certified (YOGA BODY®) Breath Coach. Each morning at the Retreat, he will lead a 30-minute beginner-accessible yoga and breathing exercise that will leave practitioners feeling awake, balanced, and open to experiences.

### **Anal Health**

Jeff Logan, PA-C, Denver Health (Friday 1:10 pm)

*“YER ANUS” isn’t a planet between Saturn & Neptune*

Jeff will give a great presentation on everything you ever wanted to know about your anus (or maybe “not-so-much-wanted-to know”) Some of what he will cover: the anatomy of the entire anal region from sphincter muscles to prostate to you-name-it; anal sex with penises, toys, tongues, fists, and anything else you can think of; ALL sorts of diseases & conditions: hemorrhoids, gonorrhea, syphilis, chlamydia, HPV, warts, cancer, oozing & bleeding. Put it this way ... Jeff will talk about everything that you would never dream about talking with anyone, let alone your doctor. He will also give some good advice for things you should have checked out and how to approach your doc. And both men and women (HIV- & HIV+) have anuses, so the information applies to *ALL* of us. This is going to be a great and very educational forum on many levels, from Denver’s “*Anal Expert Extraordinaire*” who probably knows more about the anus/anal region and its health, than anyone else in the entire Rocky Mountain region!

## **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.)

## **Bob & Judith “10 Laws of Nature” Interpretive Trail**

Michael & Mark (Friday 5:10 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 5 “stations” along the way, each with two of the “ten laws of nature”.

## **TEN Hot Topics in HIV**

Tom Campbell, MD, University of Colorado (Saturday 10:30 am)

This seminar will review ten “hot” topics in HIV care, prevention, and research. This year, one of our hot topics will be COVID19 and HIV. There will be plenty of opportunity for Q & A.