

17th Annual IAWA
Ithaca Area Women's Advance
Friday, September 20 - Sunday, September 22, 2024

😊 **We Are Not a Glum Lot!** 😊

Schedule may be subject to change.

Friday

4:00 - 5:30 pm: Registration and Room Check-In at Retreat Hall (by the cabins)

5:45 pm: Meet and walk to dinner as group from Retreat Hall

6:00-6:45 pm Dinner and fellowship

7:00 pm- 8pm Welcome / Announcements and Icebreaker Activity with Cait L. and Caroline J.

8:15 - 9:15 pm Evening meeting: "We are not a glum lot!" with Gretchen G.

9:30 pm - 10:30pm Bonfire (weather permitting) with S'mores or fireplace fellowship in Cabin Common Room

Saturday:

7:15-7:45 am Early Bird Meditation with Gretchen G

8:00am - 8:45pm Breakfast & Fellowship

9:00 am Saturday Only Check-in in Retreat Hall

Welcome Saturday Attendees & Announcements at Retreat Hall

9:10-10:10 am "What is Sobriety" Meeting with Kelly S

10:15 am-11:15 Sponsorship 101 with Kerry

Retreat Hall: Morning Meeting	Cabin Common Room: Morning Activity
11:30 - 12:15 Service, Unity, Recovery (Speaker / Discussion) Heidi B	11:30-12:15 Beginner Friendly Gentle Yoga with Molly L - Certified Yoga Teacher All levels are welcome. Molly will bring mats, blocks and blankets to share, or you can bring your own.

12:30 - 1:15 pm Lunch & Fellowship

Retreat Hall: Afternoon Meetings	Cabin Common Room: Afternoon Activities
<p>1:30- 2:30 - “Easy Does It” with Rachel K.</p> <p>2:45- 3:45 - Writing workshop with Melanie C.</p>	<p>1:30-3:45 Games, fellowship, chill time, free time and down time</p> <p>Group collage and doodle</p>

4-5pm Higher Power Hour meeting in Retreat center with Stacey D. and Sally S.

5:00 - 5:45 pm

Nature walk (weather permitting) on the Meditation trail (meet at Fire circle)

OR

Break/ free time

5:45pm Reconvene in Retreat Hall for Announcements, walk together to dinner from retreat hall

6:00 - 6:45pm Dinner & Fellowship - Evaluations with suggestions for IAWA 2025

7:00 - 8:15 pm Group Activity - Skits with Randi D.

8:30 pm- 10pm Dance Party / Karaoke @retreat hall

Sunday

8:30-9:15 am: 11th Step Guided Meditation with Jamie R

9:30-10:15 am Brunch & Fellowship

10:30-11:30 am: Reflections, Gratitudes and Takeaways Discussion / Sobriety Countdown (Lisa E. and Terry M.)

11:30-12:00 pm Clean up & Hotel Room Checkout

All sessions will begin on time. If you are on a panel or leading an activity, please make every effort to arrive 5 minutes before the scheduled time. Thank you!

This is *your* retreat. We encourage you to choose your own adventure and participate in as many or few activities/ meetings as you wish. *You are not required to attend all sessions*, and if you need a nap, take a nap!