



The Men's Stag Retreat

FRIDAY	
Time	Activity
3:30-7:45	Check In
5:30-7:45	DINNER ON OWN
8:00-8:45	Welcome Intro
SATURDAY	
Time	Activity
7:00-8:00	Meditation 101
8:15-8:45	BREAKFAST
9:00-9:50	Step 2
10:00-10:50	Step 3
11:00-12:00	Steps 4/5
12:15 -12:40	LUNCH
1:00-3:30	Inventory (1on1)
3:40-4:35	Steps 6/7
4:40-5:35	Steps 8 & 9
5:45-6:15	DINNER
6:30-7:25	Step 10
7:30-8:45	Speaker Meeting
SUNDAY	
Time	Activity
7:00-7:55	Step 11
8:00-8:15	Picture by Chow Hall
8:15-9:00	BREAKFAST
9:15-10:0	Step12
10:15-11:15	Closing
11:30	Departure