

Rise & Shine



**Spiritual Retreat for
Near-Death Experiencers
Apr 20 - 23, 2017
NDEretreat.com**

Retreat for Near-Death Experiencers

**Mercy Center 2039 N. Geyer, St. Louis, Missouri 63131
Front Door Code xxxx (after 8 PM until 7AM)**

Thursday, April 20, 2017

- When you Arrive** **Check in at Registration Table Near the Elevator in the Lobby**
Rooms may not be available until 3PM. There is a luggage room in the lobby to store luggage. Mother of Mercy Lounge available at 3 PM on April 20.
- 12 Noon** **Depart for the St. Louis Art Museum**
(This is included in your registration)
- 5:30 pm** **Dinner in Dining Room**
6:30 – 9:00 pm **Mother of Mercy Lounge (MOM Lounge)**
Introductions and welcome
Linda Jacquin, Retreat Founder, and Sparkle Director
Bill Taylor, Harmony Director, Video Project
David Bennett, Timeless Time Keeper
Eric Cusimano, Limo and Schedule Illuminator
Lorraine Becker, Yoga and Wing Relaxation

Thursday, April 20, 2017 (continued)

Why we came: Expectations, Group Intentions, Agenda Review
Questions and Answers
Schedule Videos
Pearls of Wisdom Card to fill out and return Friday
Sharing bedtime goodies
Closing meditation

In past years, participants brought treats from their home states to share: chocolate, clay hearts, salt, wine, cheeses, bookmarks, rocks, etc. Bringing treats is optional.

Friday, April 21, 2017

6:30 a.m. **Yoga (MOM Lounge)**
7:30 a.m. **Breakfast in the Dining Room**
8:30 a.m. – 11:30 **Auditorium: Morning Meditation**
 Sharing our NDEs

12:00 pm - 1:30pm **Lunch in the Dining Room**
 Personal Time

1:30 pm - 5:00 pm **Auditorium:**
 Rising from challenges to be a shining experiencer

5:30 pm **Dinner in the Dining Room**
6:30 pm **(Optional) Walk the Labyrinth: Meet Outside Front Door**
7:30 pm **MOM Lounge (Personal Time) (Movie) (Social Time)**

Saturday, April 22, 2017

6:30 am **Yoga (MOM Lounge)**
7:30 am **Breakfast in Dining Room**

8:30 am – 11:30 **Auditorium: Group Meditation**
 Group Picture
 Break-Out Groups: (How is the experience transforming you)
 Childhood & Adult Experiencer

12:00 pm –1:00 pm **Lunch in Dining Room**
1:00 pm – 2:00 pm **Personal Time or Sharing with Mercy Center Staff**

2:00 pm – 5:00 pm **Auditorium:**
 Pearls of Wisdom
 Group Art Project

5:30 pm **Dinner in Dining Room**
7:00 pm **MOM Lounge: Honor New Fireflies – Ice Cream**
 Meditation to manifesting each of our intentions

Sunday, April 23, 2017

6:30 am **Yoga (MOM Lounge)**
7:30 am **Breakfast in Dining Room and Pick up Box Lunches**

Checkout by 9:00 am (Vacate rooms for cleaning bring luggage to lounge)

9:30 am – Noon **MOM Lounge:**
Reflections on the retreat: Reviewing Expectations and New Insights
Our Firefly website and Private Facebook Page

Noon – 1:00 pm **MOM Lounge:**
Departure

Disclaimer: The Near-Death Experiencer Retreat does not provide psychotherapy, counseling, or any other psychological or medical treatment nor does it provide referrals to such services.