



TRIPLE W FORUM | WORK LIFE INTEGRATION RETREAT 2021 AGENDA



FRIDAY, NOV 12

6:15 – 7:00am Mountain Sunrise Meet Up [Balcony - Dining Hall]

7:15 – 8:00am Yoga, Breathwork & Meditation with Jennifer Connelly [Veda]

8:00 – 9:00am Breakfast [Dining Hall]

9:30 – 11:45am Morning Retreat Program [Veda]

Connect with your Work Life Integration Retreat weekend host, Jennifer Connelly, along with guest speakers and fellow retreat participants.

Engage in micro-practices and learning around: the meaning of Work Life Integration, the curative aspects of nature, the wisdom of yoga and Ayurveda, seeing the gifts in our experience, the power of presence and insights on the Enneagram.

12:00 – 1:00pm Lunch [Dining Hall]

1:30 – 5:30pm Afternoon Retreat Program [Veda and throughout Art of Living property]

Connect with Jennifer Connelly and the guest speakers on Day 1 - Part 1 through participation in mini discussion groups and micro-practices on key topics (i.e. career journey, self awareness, well-being, relationship dynamics, getting unstuck, managing emotions, growth mindset).

Explore the Shankara Ayurveda Wellness Center and area grounds at Art of Living.

Experience a guided practice of walking the labyrinth and forest bathing with Jennifer Connelly.

6:00 – 7:20pm Dinner + Art of Living Orientation [Dining Hall]

7:30 – 9:00pm Evening Retreat Program [Veda]

Experience guided practices in relaxation, journaling and intention setting.

SATURDAY, NOV 13

6:15 – 7:00am Mountain Sunrise Meet Up [Balcony - Dining Hall]

7:15 – 8:00am Yoga, Breathwork & Meditation with Jennifer

[Veda]

8:00 – 9:00am Breakfast [Dining Hall]

9:30 – 11:45am Morning Retreat Program [Veda]

Engage in micro-practices and learning around: how to foster integration with insights in neuroscience, a deeper dive on the Enneagram, inquiry and the 4 Quadrants of the Work Life Planning Guide, identifying true callings, cultivating a mood of acceptance.

12:00 – 1:00pm Lunch [Dining Hall]

1:30 – 5:30pm Afternoon Retreat Program [Veda and throughout Art of Living property]

Connect with Jennifer Connelly and the guest speakers on Day 2 - Part 2 through participation in mini discussion groups and micro-practices on key topics (i.e. career journey, self awareness, well-being, relationship dynamics, getting unstuck, managing emotions, growth mindset).

Explore the Shankara Ayurveda Wellness Center and area grounds at Art of Living.

Integration tips that inspired the design of the Retreat Weekend

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter™

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Experience a guided practice of walking the labyrinth and forest bathing with Jennifer Connelly.

6:00 – 7:20pm Dinner + Art of Living Orientation [Dining Hall]

7:30 – 9:00pm Evening Retreat Program [Veda]

Connect to the wisdom of the body with 4 Dispositions for Powerful Presence

Share and hear insights at our Open Mic Session from fellow participants on themes of wholeness, creative expression and the role of creativity and play in living an integrated life.

Visit the community campfire (weather permitting).

SUNDAY, NOV 14

6:15 – 7:00am Mountain Sunrise Meet Up [Balcony - Dining Hall]

7:15 – 8:00am Yoga, Breathwork & Meditation with Jennifer [Veda]

8:00 – 9:00am Breakfast [Dining Hall]

9:30 – 11:45am Retreat Program Wrap Up [Veda]

Engage in micro-practices and learning around: how to bring it all together and take your learning with you as you leave the retreat.

Participate in the closing ceremony tradition and group photo.

12:00 – 1:00pm Lunch & Journey Home [Dining Hall]