Sunday August 18 “Wrap Up”

7:15 AM  Sunrise; Wake up to "Morning Maniac Music"
Grace Slick/Jefferson
Airplane @ Drum Circle

7:45 AM  Breakfast is served

9:00 AM - Unity Service - greetings, hugs, three words, daily word, meditation, songs (Summertime & Woodstock); Talk by Dave "Beyond Spirituality"; Let there be peace on earth song; Closing.

11:00 AM  Pack Up & Farewell

Dollars and Cents for Mt. Shasta Retreat weekend
August 16-18, 2019
Offering to Shasta Abbey Monks $10 (Dana)
3-day Program + Meals $30
Campsite $30

What to Bring:
1) Wear grunge, hippie-like
2) Chilly at night (low 50s) - sleep in long johns/thermal wear; light jacket/sweater for layers; swimwear, water shoes, flashlights are highly recommended.
3) We have single and double cabin tents (let us know if you need setup)

DISCLAIMER:
This is wilderness. Grounds are uneven. Participants accept their own risk and release Esther and David Becker from liability.

Contact Info:
Esther (415) 860 6045 / esthertanbecker @icloud.com
Dave (925) 963 5255 / dovlotus@yahoo.com

Mount Shasta Retreat
August 16 – 18, 2019

* Mountain Camping
* Meals Included
* Meditation with Shasta Abbey Monks
* Water Therapy
... and much more

Events have been planned for a fun-filled weekend in the presence of majestic Mount Shasta.

Come participate with your Unity Friends in an inspiring, spiritual trip as we experience the high vibrational energy of Mt. Shasta.
Friday, August 16 “Arrival Day”

3:00 PM - Arrive @ N. Old Stage Rd & Sugar Pine

3:30 PM - Caravan to Dave’s & Esther’s dome home

4:00 PM - Set up your site for the weekend…

5:00 PM - Meet & Greet Shasta Abbey Monks
(Hands in prayer & bow. No hugging please)
Followed by Zen Meditation and Dharma Talk and Socialize with Monks

6:30 PM - Potluck Dinner
(please bring a vegetarian dish with no garlic or onions,
in respect to Monks)

9:00 PM  Move to your sleeping site

Good Night!

Dave’s & Esther’s Dome Home
4711 Red Fir, Weed CA 96094

Saturday, August 17 “Planned Events”

7:15 AM - Sunrise. Wake up to Woodstock Rain Chant / Santana Soul Sacrifice – come out to Drum Circle to beat the drum or whatever…

Followed by Qi Gong on the Upper Deck

8:15 AM - Continental Breakfast is served

9:00 AM  Carpool to Hammond Reservoir for Fun In The Sun & Water Activities include:  Hike to Dale Creek (approximately 3 miles round-trip); Swimming; Foot Bathing/Reflexology; Discussion on Nutrition, Energy Healing, Origins to Peace Sign.

Simultaneously, those staying back for 1-hour Massage Therapy, please reserve time

- 9AM, 10AM, 11AM & 12PM -

While waiting for your massage, rest & relax, Reading on the Hammock, Quiet Meditation or Forest Therapy around our property

1:00 PM  Join the rest of us at Hammond Reservoir for Picnic Lunch (Esther prepares picnic lunch & brings massage group)

3:00 PM  Return to Cabin to Wash Up; Followed by Art Therapy - Creating 2 Peace Poles at the Drum Circle (1 to take back to Unity)

5:00 PM  BBQ dinner - veggie burgers, turkey burgers or hot dog

6:45 PM  Movie on Front Deck - "Across The Universe"
(sing along if you like Beatles tunes)

9:00 PM  Discussion on relationship to Woodstock / Present Day

9:30 PM  Good Night!