



Sample Holistic Health Mission Retreat

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<u>6:00-9:00 am</u> Beach Clean Up West Coast Beach	<u>6:00-9:00</u> Serving the Homeless	<u>6:00-9:00 am</u> Help local Farmer or Beach Clean Up	<u>6:00-9:00</u> Serving the Homeless	
<u>9:00-11:30</u> Breakfast Talk Intro to Barbados	<u>9:00-9:45</u> Breakfast on the Beach	<u>9:30-10:15</u> Breakfast at PEG Farm	<u>9:30-10:15</u> Breakfast at PEG Farm	<u>9:30-10:15</u> Breakfast at PEG Farm	<u>10:00-11:00</u> Brunch (PEG)
<u>10:30-11:00</u> Praise & Worship	<u>10:30-11:00</u> Praise & Worship	<u>10:30-11:00</u> Praise & Worship	<u>10:30-11:00</u> Praise & Worship	<u>10:30-11:00</u> Praise & Worship	
<u>12:00-2:00</u> Andromeda Garden Tour	<u>12:00-2:00</u> Coco Hill Hike	<u>12:00-2:00</u> Walker's Reserve Tour	<u>12:00-3:00</u> Beach Club Swim with Turtles	<u>12:00-3:30</u> Animal Flower Cave	<i>Rest Day or Departure Day</i>
<u>2:00-3:00</u> *Andromeda Lunch	<u>2:00-3:00</u> Bajan Buffet Lunch	<u>2:00-3:00</u> Flower Forest Lunch	<u>2:00-3:00</u> Breadfruit Bowls Lunch	<u>2:00-3:00</u> *Animal Flower Lunch	
<u>3:30-4:00</u> Hunte's Garden Group Photos	<u>3:30-4:00</u> Welchman's Gully	<u>3:30-4:00</u> Flower Forest Walk	<u>3:00-4:30</u> Bridgetown Tour, Souvenirs & Ice-Cream	<u>4:00-5:00</u> **Horseback	
<u>6:00-7:30</u> Snacks Discussion Bible Games	<u>6:00-7:30</u> Snacks Discussion Bible Games	<u>6:00-7:30</u> Snacks Discussion Bible Games	<u>6:00-7:30</u> Snacks Discussion Bible Games	<u>6:00-7:30</u> Snacks Discussion Bible Games	
<u>7:30-8:30</u> Group Project	<u>7:30-8:30</u> Homeless Pack Prep	<u>7:30-8:30</u> Group Projects	<u>7:30-8:30</u> Homeless Pack Prep	*Oisten's Fish Fry	

Sample Discussion/Bible Study Topics: The Bible's Perspective on the Sacred Journey of Grief, Bible Parables, Patterns and Principles, Spiritual Warfare, Hearing God's Voice in the Stillness/Silence, Discernment and Deceptions

***Note:** Students are encouraged to take alone time and engage in meditation and prayer exercises at various locations

****Note:** Not included in fees.



Links for Some of the Tours

ANDROMEDA	ANDROMEDA BOTANIC GARDENS – CELEBRATING 70 YEARS OF ANDROMEDA	FLOWER FOREST	Flower Forest Botanical Gardens, Barbados
HUNTE'S GARDEN	Hunte's Gardens Chukka Caribbean Adventures	COCO HILL	Explore Coco Hill Forest - Visit Barbados
ANIMAL FLOWER CAVE	Home Animal Flower Cave	*HORSE BACK RIDING	Barbados Horse Riding Ocean Echo Stables
PEG FARM			

***Tours or tour companies may be different from the ones given above.**