



TEACHERS' MINI-RETREAT

November 7, 2025

This schedule is TOTALLY flexible, allowing us to adapt to the needs and preferences of the attendees, ensuring a personalized and supportive experience for everyone.

9:45 ~ arrive at [Moon Magic](#) (432 Hillsdale Avenue, Hillsdale, NJ)

10:00 - 10:30 ~ introductions and connections (why we're here and what we hope to gain from the experience)

10:30 - 11:00 ~ group meditation (guided mindfulness session to help you center and relax)

11:00 - 11:45 ~ group reflection & discussion (meaningful conversations with fellow educators to share insights, challenges, and support)

12:00 - 12:45 ~ lunch break (bring your own or pick something up at a nearby eatery - [West Hills Deli](#), [Rockin Roots](#), or [Chipotle](#))

1:00 - 1:30 ~ self-care practices (simple, rejuvenating techniques to prioritize your well-being)

1:30 - 2:15 ~ [sound healing](#) & [reiki](#) (a restorative experience to reset your energy and soothe your mind)

2:30 - 3:00 ~ reflect on the day's experience and leave with a sense of calm focus. Feel grounded and replenished as you move toward the holiday season with balance, gratitude, and renewed energy.

ENJOY THE REST OF YOUR LONG WEEKEND!