



Bright Awakenings

with Ingrid Honkala, Ph.D. & Heather Driscoll

WORKSHOP DETAILS

AUGUST 14TH & 15TH, 2021
WOODSTOCK, CONNECTICUT

basic information

dates

August 14th & August 15th, 2021

location

Crystal Pond Park
305 Crystal Pond Rd, Woodstock Valley, CT 06282

what's included?

Continental Breakfast, Lunch, Snacks, All Workshops + Lectures

what's not included?

Transportation, Accommodations, Dinner
(unless ticket option is purchased - 15 people max)

contact info

Heather: driscoll.h@gmail.com | Ingrid: ingrid.honkala@gmail.com

retreat itinerary

saturday

AUGUST 14TH

9:00am - 9:30am

Light Snacks + Coffee

9:30am - 10:00am

Opening Introductions / Purpose

10:00am - 11:30am

Ingrid's Lesson: What Happens When We Die?

11:30am - 12:30pm

Lunch/Refreshments/Break Outside

12:30pm - 1:00pm

Meditation for Daily Stress/Activity/Break-Out Lesson

1:00pm - 2:30pm

Ingrid's Lesson: Why Are We Here?

2:30pm - 3:00pm

Afternoon Snack/Coffee/Break

3:00pm - 4:00pm

Walking Meditation/Activity/Break-Out Lesson

4:00pm - 4:30pm

Open Time for Questions & Discussion

5:00pm - 7:00pm

Dinner + Q&A with Ingrid *EXTRA COST (catering options TBD, please e-mail driscoll.h@gmail.com with any allergy concerns if you purchased this add on option)

retreat itinerary

sunday
AUGUST 15TH

9:00am - 9:30am

Light Snacks + Coffee

9:30am - 11:00am

Ingrid's Lesson: Who Are You?

11:00am - 11:30am

Meditating with Nature/Activity/Break-Out Lesson

11:30am - 12:30pm

Lunch/Refreshments/Outside Walk Around Pond

12:30pm - 2:00pm

Ingrid's Lesson: What Are Emotions and Why Do They Matter?

2:00pm - 3:00pm

R.A.I.N Meditation Technique/Activity/Break-Out Lesson

3:00pm - 3:30/4:00pm

Afternoon Snack +Coffee Break/Final Discussion & Questions

nearby hotels + directions

nearby hotels

AND BED & BREAKFASTS

Gwyn Careg Inn

68 Wolf Den Road Pomfret Center, CT 06259

Comfort Inn & Suites

16 Tracy Rd, Dayville, CT 06241

Quiet Corner Inn

479 Providence Rd, Brooklyn, CT 06234

Southbridge Hotel & Conference Center

14 Mechanic St, Southbridge, MA 01550

directions

FROM THE AIRPORT



SCAN ME

Scan the QR code below on your phone's camera to pull up Google Map directions from Bradley International Airport to 305 Crystal Pond Rd, Woodstock Valley, CT 06282