

**Human Flourishing  
Spirituality & Science Forum Retreat**  
Landgut Schloss Greifenstein  
9425 Thal, Switzerland  
June 12 - 15, 2022

**HIGHLIGHTS OF THE RETREAT PROGRAM**

Sunday, June 12 : **GREET, CELEBRATE, JOY**

- 12:00            Bus departs Zurich
- 14:00            Hotel Check-ins, light lunch at Hotel
- 15:45            Bus departs hotel for Greifenstein
- 16:00            Afternoon program
- Welcome reception
  - Tour of Greifenstein
  - Introductions
  - Gift Sharing
- 19:00            Dinner
- 21:00            Bus to Hotel

Monday, June 13: **CONNECT, PROCESS, LET GO**

- 7:00            Breakfast at the hotel opens (breakfast at your leisure)
- 8:30            Bus departs hotel for Greifenstein
- 9:00            Morning program
- Body movement and collective sound meditation
  - Silent garden walk
  - Getting to know ourselves
- 12:00            Lunch
- 13:30            Siesta or Socialize
- 14:30            Afternoon program

- What's holding us back?
- Love and let go
- Audio/Visual Meditation

18:15 Dinner

20:00 Evening Ceremony

21:00 Bus to Hotel

Tuesday, June 14: **SYNERGY, EMERGING FUTURE & SWISS CHOCOLATES!**

7:00 Breakfast at the Hotel opens (breakfast at your leisure)

8:30 Bus departs hotel for Greifenstein

9:00 Morning program

- Reflections from the human flourishing journey
- Sharing wild green tea from Korea
- Conversations in small groups

12:00 Lunch

13:30 Afternoon program

- Walk to the House of Tao and meditation
- Swiss chocolates (need we say more?)
- Looking forward: Creating our emerging future and widening our community

18:20 Farewell Dinner and Celebration

21:00 Bus to Hotel