



GATHERED & GROUNDED RETREAT

October 16–18, 2026

Potawatomi Inn • 6 Lane 100A Lake James • Angola, IN

This itinerary is a guiding framework that may shift slightly. The flow of the weekend is intentionally designed to offer community, rest, regeneration, and supportive resources — all held in a way that honors your pace, your needs, and your own way of moving through the experience. Come as you are. Throughout our time together, please do not hesitate to ask for help. We're here.

FRIDAY *Arrival, Grounding & Community*

3:00–5:00 PM Arrival & Check-In

Settle into your room, explore the grounds, and exhale.

5:30–7:00 PM Welcome Gathering & Opening Intention • Jimmerson Lake

Dinner to follow.

7:15–8:15 PM Candlelight Sound Sanctuary • Wig Wam

An intimate candlelit immersion of bowls, bells, gong, flute, handpan, voice, and other healing sounds designed to invite deep listening, nervous-system settling, and rest.

SATURDAY *Breath, Connection & Restoration*

7:00 AM Optional Morning Bagels & Hike • Library

Ease into the morning with a bagel, fresh air, and an optional walk together. Come for the conversation, movement, or simply a quiet start to the day.

8:00–8:45 AM Gentle Somatic Yoga • Wig Wam

A slow, supportive practice to gently awaken the body, create space to breathe, release tension & trauma holding patterns, shed our armor, and return home to oneself. No experience or flexibility needed—simply come as you are.

8:45–9:30 AM Breakfast • Jimmerson Lake

9:45–11:00 AM The AND of It All • Jimmerson Lake / Waterfront, weather permitting

Sometimes life asks us to hold things we never expected to carry. Together, we'll explore how to pause, reconnect with ourselves, and make room for joy—not as a way around what's hard, but as a way to move through it.

11:30 AM Lunch + Open Space • Bagged lunch pickup in the Library • Refer to your Welcome Pack for additional ideas

Hike, water, quiet, breath, or simply time to yourself.

3:00–4:00 PM The Child in Front of You: Birth Order, Development & Connection • Library

An exploration of how developmental stages and birth order can shape children's emotions, behavior, needs, and connection.

4:30–5:20 PM Rhythm, Regulation & Reset • Jimmerson Lake

A welcoming drum-circle experience using rhythm and connection to release tension, support regulation, and create uplifting energy. No musical experience needed.

5:30–6:30 PM Dinner • Jimmerson Lake

A warm, nourishing meal and space to connect over the day—or simply be. Come as you are.

6:45–7:45 PM Down-Regulation Breathwork Journey • Wig Wam

A gentle evening breathwork experience to help the body settle, release the day's stress, and move toward rest.

SUNDAY *Integration, Renewal & Re-Entry*

7:00 AM Optional Morning Bagels & Hike • Library

Begin the morning with a bagel, fresh air, and an optional walk together—at whatever pace feels good to you.

8:00–8:45 AM Moving Sound Meditation • Wig Wam

An interactive soundscape created through slow, intentional movement while holding subtle instruments to cultivate body awareness and calm presence. No musical experience necessary.

9:00–9:30 AM Breakfast • Jimmerson Lake

9:30–10:30 AM Choose What Your Body Needs • Location announced in WhatsApp

A spacious hour to choose the practice that feels most supportive to you—breath, movement, rhythm, quiet reflection, or connection.

10:45–11:45 AM Rooted for the Return • Jimmerson Lake

A grounding conversation to gather what has surfaced throughout the weekend and consider how to carry it gently into everyday life. Together, we'll explore integration, clarity, and small ways to stay connected to what you've discovered here.

11:45 AM Carrying It Forward • Jimmerson Lake

A closing space to reflect on what has surfaced and what you want to carry with you from here. Together, we'll consider what you're keeping, what you're releasing, and what support might look like as you return home.

A note about our spaces

Some gatherings may move outdoors or to another cozy space within the Inn as weather and the weekend unfold. Please check WhatsApp for schedule or location updates. Available gathering spaces may include the courtyard, library, fire pit, fireplace area, and waterfront.