

Summer ReCreation Weekend at Graymoor

June 21-23, 2019 (Friday evening – Sunday afternoon)



This vigorous summer weekend of exploration promises to be an opportunity to fully experience the spirit of nature and the culture of the Hudson River valley. Includes kayaking on the Hudson River and Constitution Marsh, meditation, affords social interaction, and instills a sense of gratitude for our healthy beings. No previous paddling experience is required. If raining, a Hudson Highlands hike will be offered instead.

The weekend begins Friday evening with group activities. Saturday is a full day of kayaking, and concludes with the movie *And Then We Swam*. There are outdoor meditations through the weekend.

Sunday offers time for Mass or reflection, and concludes with lunch.

- To reserve a room and meals, contact Graymoor at (845) 424-2111 or www.graymoorcenter.org. (GSLC@atonementfriars.org)
- Sheets and towels are provided by the friary. Rooms have two double beds.
- Accommodations/meal cost is \$275 per person for a single room, \$200 if sharing.
- Kayak rental is \$50 per person payable to Hudson River Expeditions on the day of the event.

Schedule of Events					
Friday		Saturday		Sunday	
5:00 pm (onward)	Registration – 5 th floor office	7:30 am	Breakfast	7:30 am	Breakfast
7:00	Welcome / Orientation / Introductions	8:30	Morning meditation - east	9:00	Morning meditation - west
8:00	Workshop (teams): Place in the Hudson Valley - most scenic, spiritual, adventurous	9:00	Pick-up bag lunch Depart for paddling – Foundry Cove	9:30	Sharing: most scenic, spiritual, adventurous
9:30	Evening meditation – south	10:00 – 4:00	10:00 Kayaking: Constitution Marsh and Hudson River (meditation: beauties) <small>(low 11, high 5)</small> Optional: Foundry Cove hike	10:00	Tour of Graymoor grounds
		5:00	Supper	11:00	Mass or personal meditation
		6:30	Evening meditation - north	12:30	Lunch
		7:30	Movie: <i>And Then We Swam</i>	1:30	Departure (Empty rooms / beds)

* Clothes appropriate to the day including layered clothing, rain gear, sunscreen, sunglasses, wool socks, wicking fabric undershirt (non-cotton), fluids (at least one liter), gloves optional.

