

Autumn Destination – ReCreation Weekend at Graymoor

September 25-27, 2020 (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 Valley. Includes kayaking on the Hudson River (or Constitution Marsh or Annsville Creek), 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)
- Accommodations/meal cost is \$300 per person for a single room, \$225 if sharing.
- Kayak rental is \$60 per person payable to Hudson River Expeditions on the day of the event.

Schedule of Events

Friday		Saturday		Sunday	
6:00 pm	Registration - First floor Welcome Center	8:00 am	Breakfast (15 minute silent meditation)	8:00 am	Breakfast (15 minute silent meditation)
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, most adventurous	9:00	Pick-up bag lunch Depart for paddling – Foundry Cove (high 9, low 3)	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) Optional: Foundry Cove hike	10:00	Tour of Graymoor grounds
		5:00	Supper	11:00	Mass or personal meditation
		6:30	Evening meditation - north	12:15	Lunch – Beauties of the day
		7:30	Movie: <i>And Then We Swam</i>	1:00	Departure (bedding to hallway)