




A.R.E. 33rd Annual Fall Wildacres Retreat  
**Edgar Cayce on the Spirit of Holistic Health:  
 A Mystical Approach to Self-Care**



with Adrian E. Castillo

Thursday, September 29	Friday, September 30	Saturday, October 1	Sunday, October 2
 <p style="text-align: center;"><b>Welcome to the 33rd Annual Fall Wildacres Retreat!</b></p> 	7:30 am Cayce Morning Exercises (optional)		
	8:00 am BREAKFAST	8:00 am BREAKFAST	8:00 am BREAKFAST Complete Evaluations
	9:00 am Edgar Cayce on the Mind, Body, Spirit Connection Adrian E. Castillo	9:00 am Announcements Saturday Common Interest Session Signup	
	Noon: Announcements Friday Common Interest Session Signup	9:30 am Developing a Practical Holistic Health Approach Adrian E. Castillo	8:45-11:00 am Turn in name badges & evaluations (Main Lodge Lobby)
	12:00-12:30 pm Group Meditation	12:00-12:30 pm Group Meditation	9:30-9:45 am Closing Ceremony (Sufi Circle)
	12:30 pm LUNCH	12:30 pm LUNCH	<p style="font-size: 1.2em;">“Thy body, indeed, then is the Temple of the living God. THERE Creation is manifested.”</p> <p style="text-align: right;">-- Edgar Cayce (Reading 3188-1)</p>
	2:00- 2:30 pm Free Time/Friday (Saturday Rain Date): Group picture-PLEASE COME! (Steps between lodges)		
	2:45- 3:45 pm - Free Time/Common Interest Session #1 or #2	2:45- 3:45 pm - Free Time/Common Interest Session #1 or #2	
	3:45-6:00 pm - Free Time		
	4:00-5:30 pm Registration/Check-in Sign up for Common Interest Sessions		
6:30 pm DINNER	6:00 pm DINNER	6:00 pm DINNER	
8:00-8:30 pm Welcome/Orientation & Announcements	7:00 pm The Spirit of Self-Care Adrian E. Castillo	7:00 pm Talent Night	
8:30 pm Evening Gathering: Meet & Greet Common Interest Session Signup	9:00-10:00 pm- Free Time Wine/Beer/Snacks/Talking		

*This program is currently planned to be held in person at the Wildacres Retreat Center, however, due to the ongoing impact of COVID-19, this could change. Please check our website for updates. Schedule subject to change.*