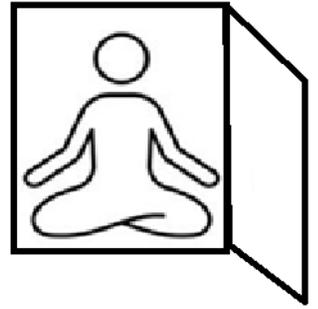


Listening as the Doorway

A Retreat for Embodied Presence, Connection, and Discernment
April 12-14, 2026



Led by Lanelle Gallo, M.S., CCC-SLP

With guest contributors: Cole Liljedahl, Aidan Carter, and Ben Liljedahl

Sunday

3:00pm – Welcome & Orientation - Arrival, introductions, and creating a sense of safety and shared intention.

5:30pm – Dinner

7:00pm – Evening Session - Opening circle, gentle arrival practices, guided meditation, and live music to help participants settle into presence and the natural setting.

Monday

7:45–8:30am – Breakfast

9:00–11:30am – Morning Session - Yoga practice, embodied awareness, and reflective exploration of “listening to the body.”

12:00pm – Lunch

1:00–5:00pm – Free Time / Optional Theme Offerings - Silent walks, journaling prompts, sensory and contemplative practices, and optional small-group reflection.

5:30pm – Dinner

7:00pm – Evening Session - Music, nonverbal creative experience, and shared reflection focused on connection and integration.

Tuesday

7:45–8:30am – Breakfast

9:30am – Final Session & Group Photo - Closing circle, integration practices, and honoring what participants are carrying forward.

12:00pm – Lunch

Wednesday (Optional Offering)

A morning yoga and contemplative session that welcomes both retreat participants and the midweek women’s group arriving Tuesday. This will serve as a gentle bridge into the next gathering while offering continuity and closure.