

Winter Retreat 2026

UU Women's Connection

Friday, February 27 – Sunday, March 1, 2026

Friday – February 27, 2026

- 4:00 PM** **Arrival & Welcome**
Check in, receive name tags and itinerary
- 5:30 PM** **Dinner**
- 6:45 PM** **Opening Ritual**
Gather to set intentions for the weekend through a meaningful, communal ceremony
- 7:30 PM** **Spa 101**
Introduction to spa products and equipment. Demonstrations and Q&A session
- 8:30 PM** **Evening Activities**
Fireside chats, cards, games, coloring, jigsaw puzzles, and spa activities such as the infrared sauna, bath bombs, shower steamers, and DIY nails & foot soaking

Saturday – February 28, 2026

- 6:00 AM** **Chair Exercise Video Instruction**
Available until 7:30 AM
- 8:00 AM** **Breakfast**
- 9:30 AM** **Opening Ritual**
- 10:30 AM** **DIY Spa 102**
Continue instruction on how to use spa supplies. Q&A session with retreat committee members available to assist
- 12:00 PM** **Lunch**
- 1:30 PM** **Intro to AI**
Pros and cons of AI and best practices
- 1:30 PM** **More Spa Time!**
Or free time to do whatever you want
- 5:30 PM** **Dinner**
- 7:30 PM** **Fireside Chat & Open Mic**

Sunday – March 1, 2026

- 8:00 AM** **Breakfast**
- 10:00 AM** **Closing Ritual**
Closing of the Circle Ceremony
- 11:00 AM** **Departure**

Toddhall Retreat Center • Columbia, Illinois