

Casting for Recovery

Victoria, Australia

EXAMPLE RETREAT PROGRAM

Outlined below is a typical live-in weekend retreat program but activities may change depending on the venue, facilities available and time of year.



Friday	4:00pm	Participants arrival and check-in
	4:30 – 5:30pm	Refreshments & Briefing - Welcome to Participants - Overview of the weekends program - History of Casting for Recovery in USA and Australia
	6:00pm	Meet & Greet - get to know one another
	7:00pm	Dinner
	8:15pm	Post-Dinner Talk
	9:00pm	Socialisation Time
Saturday	8:00 – 9:00am	Breakfast
	9:30am	Introduction to Fly Casting & Fishing
	10:15 – 10:45am	Morning Tea
	10:45 – 12:00pm	Warm-up Exercises & Basic Casting Tuition
	12:00 – 1:00pm	Lunch Break
	1:00 – 2:00pm	Casting Practice
	2:00 – 5:30pm	Pampering Options
	5:30 – 6:30pm	Free Time
	6:30 – 7:30pm	Dinner
7:30pm	Camp Fire /Chat	
Sunday	8:00 – 9:00am	Breakfast
	9:15am	Bus to Venue
	9:30am	Team Photos
	9:45 – 10:30am	Fly Casting into ponds
	10:30 – 10:45am	Morning Tea
	11:00 – 12:30pm	Fly Casting into ponds
	12:30 – 1:30pm	Lunch
	1:30 – 2:30pm	Certificate Presentation
		Closing Remarks
		Complete Feedback Forms Farewell & Safe Travels

