



# Servants Retreat

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**Ending times can be fluid based on the number attending or length of discussion.**  
**FOR NAVARRE, FL ONLY**

Friday night	
7:30PM	Doors open
8:00PM- 10:30PM	<b>Session I:</b> Who are we?
Saturday	
8:30AM	Doors open
9:00AM	<b>Session II:</b> Submission & Self-esteem: An exploratory of who practices this, what it is, what's realistic and what isn't, models of submission and a personal inventory of needs and wants. A close look at what self-esteem is.
	Lunch (will be provided)
Ends between 3:30pm - 4:00pm	<b>Session III &amp; IV:</b> Understanding our personal Past and Present. We'll explore how issues we carry with us affect our submission and obedience. Obedience will be covered in detail and how to manage to be obedient when we don't feel like it.
5:30pm	Social at PALS and class at PALS (email nancy, nancyhello2002@yahoo.com for more information)
Sunday	
9:30AM	Doors open
10:00AM	<b>Session V:</b> Keeping my submissive space- We're going to discuss boundaries, ritual, protocols, education and self-knowledge. We'll discuss self-motivating service, goals within your service and maintaining your space emotionally and physically.
	Lunch (will be provided)
	<b>Session VI:</b> Punishment & Reward: How does it mold us, what types of punishment and reward are healthy and what works best to motivate us to learn. Conditioning vs. Learning
	<b>Session VII:</b> Self-maintenance for growth, training ourselves, preparing ourselves for the Master we may or may not have.
Ends between 3:30-4:00PM	<b>Session VIII:</b> Wrap up the week-end. Go over first few sheets and see what's changed, talk about what we've learned.



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