



Movement Improvisation Retreat | 2026 Schedule

	Mon Sept 14	Tues Sept 15	Wed Sept 16	Thurs Sept 17	Fri Sept 18	Sat Sept 19
09:00		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:00 - 11:45		Movement Improvisation Ilanit	Movement Improvisation Ilanit	Outdoors Session	Movement Improvisation Ilanit	Movement Improvisation Ilanit & Liron
12:00 - 14:00		Movement Improvisation Liron	Movement Improvisation Liron		Movement Improvisation Liron	Closing Circle Ilanit & Liron
14:00		Lunch	Lunch	Lunch	Lunch	13:00 Lunch
	17:00 Orientation & registration		Free Island/beach time	Free Island/beach time	Outdoors Session	
18:00	Open Intro Session	Healing Dance Ilanit		Ball Game Noa		