

# alexandra yorks

speaking sample formats

## **single talk**

talk and visio divina

(45 minutes)

small group

discussion

(20 minutes)

large group

discussion

(5 - 10 minutes)

## **part day retreat**

talk

(45 minutes)

break

visio divina

(40 minutes)

small and large group

discussion

(20 minutes)

## **full day retreat**

first half of the day is the same as above,

followed by lunch and

additional talk

(45 minutes)

short break

creating art workshop

(1.5 hours)

adoration and confession

**FOR COST AND MORE INFORMATION,  
EMAIL US AT [BEHOLD.VISIO@GMAIL.COM](mailto:BEHOLD.VISIO@GMAIL.COM)**