

# Tentative Weekend Schedule

## Friday

- 3:00 pm Check-in begins  
4:30-5:30 Welcome Flow w/Jenn (beach or downstairs)  
5:45-6:45 Intros, Group Activity and Weekend Intention Setting (downstairs)  
7:00 pm Happy Hour Potluck (upstairs)

## Saturday

- 8:00-8:30 Meditation w/Christopher (virtual & in-person downstairs)  
8:45-9:45 Energizing Yoga Flow w/Jacquelyn (downstairs)  
8:45-9:45 Slow Yoga Flow w/Christopher (upstairs)  
10:15-11:30 "Your Yoga" w/Marcia (downstairs)  
10:15-11:30 Yoga on the Docks w/Jenn (outside)  
11:45-12:00 Group Photo in front of check-in building  
12:00-1:00 Lunch  
1:15-2:30 "Discover your Dosha" w/Marcia (downstairs)  
2:45-3:45 Yoga Flow w/Jacquelyn (downstairs)  
2:45-3:45 Moving Meditation w/Debbie (upstairs)  
4:00-5:00 "Catch the Light" creative project w/Debbie (upstairs)

## Sunday

- 8:00-8:30 Meditation w/Christopher (virtual and in-person downstairs)  
8:45-9:30 "Luminous (aka Sweaty) Fitness Flow" w/Marcia (downstairs)  
9:45-10:45 Yin Yoga w/Jenn (downstairs)  
11:00-12:00 "Shine Bright" w/Debbie (downstairs)  
12:00-12:15 Closing Comments/Retreat Ends  
3:00 Check-out