Tentative Weekend Schedule

Friday

3:00pm	*Check-in begins*
4:30-5:30	*Welcome Flow w/Jenn (beach or downstairs)*
5:45-6:30	*Retreat Kickoff with all instructors (downstairs)*
6:45 pm	*Happy Hour Potluck (upstairs)*

Saturday

7:30-8:00	*Meditation w/Barbara (virtual & in-person downstairs)*
8:15-9:15	*Yoga Flow w/Jacquelyn (downstairs)*
9:30-10:30	*Soma Yoga w/Elle (downstairs)*
10:45	*Group Photo in front of check-in building or on the boardwalk*
11:00-12:30	*Nutrition Talk w/Wendy during Lunch (upstairs)*
12:45-1:45	*Gentle Yoga and Qi Gong w/Elle (downstairs or outside)*
2:00-3:30	*Posture Clinic w/Jacquelyn (downstairs)*
3:45-4:45	*Creative Project w/Toni (upstairs)*
5:00-5:45	*Yoga Nidra and Singing Bowls w/Jacquelyn and Elle (downstairs)*

Sunday

8:00-8:30	*Meditation w/Barbara (virtual & in-person downstairs)*
8:45-9:30	*Morning Yoga Flow w/Jenn (downstairs)*
9:45-10:45	*Reading Reflection w/Barbara (upstairs)*
11:00-12:00	*Gentle Closing Practice w/Elle (downstairs)*
12:00-12:30	*Closing Circle/Retreat Ends*
3:00	*Check-out*