

# Tentative Weekend Schedule

## Friday

- 3:00 pm Check-in begins
- 4:30-5:30 Welcome Flow w/Jenn (outside or downstairs)
- 5:45-7:00 Intros, Group Activity and Weekend Intention Setting (downstairs)
- 7:15 pm Happy Hour Potluck (upstairs)

## Saturday

- 8:00-8:30 "Your Sacred Place" Meditation w/Debbie (virtual & in-person downstairs)
- 8:45-9:45 Fitness Flow w/Marcia (downstairs)
- 8:45-9:45 "All About Aum" w/Elle (upstairs)
- 10:00-11:30 "Find Your Balance" Posture Clinic w/Kristi (downstairs)
- 10:00-11:30 "For the Yin of it" w/Jen W (upstairs)
- 11:45-12:00 Group Photo in front of check-in building
- 12:00-12:45 Lunch
- 1:15-2:30 Hike and Gentle Yoga w/Jenn (outside)
- 1:15-2:45 "That's Amore" w/Debbie (upstairs or cottage #\_\_\_)
- 3:00-4:00 Mobility Flow w/Marcia (downstairs)
- 4:15-5:15 Somatosensory Yoga w/Elle (downstairs)

## Sunday

- 8:00-8:30 Nourishing Vital Breath Work w/Elle (virtual and in-person downstairs)
- 8:45-9:30 Yoga Blast w/Jenn (downstairs)
- 9:45-10:45 Asana and Acu-Massage w/Kristi (downstairs)
- 11:00-12:00 "It's All You From Here" w/Jen W (downstairs)
- 12:00-12:15 Closing Comments/Retreat Ends
- 3:00 Check-out