

Tentative Weekend Schedule

Friday

- 3:00 pm Check-in begins
- 4:30-5:30 *Roots of Connection Partner Flow w/Jacquelyn - (outside or downstairs)*
- 5:45-6:45 *Retreat Kickoff (downstairs)*
- 7:00 pm *Happy Hour Potluck (upstairs)*

Saturday

- 8:00-8:30 *Your Sacred Place Meditation w/Debbie (virtual & in-person downstairs)*
- 8:45-9:45 *Momentum in Bloom w/Jacquelyn (downstairs)*
- 8:45-9:45 *Slow Flow w/Christopher (upstairs)*
- 10:15-11:30 *Lotus Flow w/Carolyn (outside or downstairs)*
- 11:45-12:00 *Group Photo in front of check-in building*
- 12:00-1:00 *Lunch*
- 1:15-2:15 *Mobility Flow w/Marcia (downstairs)*
- 1:15-2:15 *Yoga on the Docks w/Jenn (outside - docks behind cottages)*
- 2:30-3:45 *Beach Yoga w/Marcia (outside - beach)*
- 4:00-5:15 *Seeds of Serenity Yoga Nidra w/Jacquelyn & Christopher (downstairs)*
- 4:00-5:15 *Flourishing Mini Zine creative project with Debbie (upstairs)*

Sunday

- 8:00-8:30 *Meditation w/Christopher (virtual & in-person downstairs)*
- 8:45-9:30 *Fitness Fun Flow w/Marcia (downstairs)*
- 9:45-10:45 *Gentle Harmony w/Jenn (downstairs)*
- 11:00-12:00 *Flow and Flourish w/Debbie (downstairs)*
- 12:00-12:15 *Closing Comments/Retreat Ends*
- 3:00 *Check-out*