

Fall 2022 Retreat Schedule

Friday

- 3:00 pm Check-in begins
4:30pm Welcome Flow on the beach w/Jenn
6:00 pm Good Energy Flow w/Jen W (downstairs)
7:15 pm Happy Hour Potluck

Saturday

- 8:00-8:30 Yoga Nidra w/Jenn (virtual & in person downstairs)
8:45-9:45 Root to Rise w/Marcia (downstairs)
8:45-10:00 Cultivating Connection Workshop w/Debbie K (upstairs)
10:15-11:30 Yoga Anatomy w/Jen W (downstairs)
10:15-11:30 Bead Bracelet Making & Practice w/Barbara (\$12 & must register-limit 18) (upstairs)
11:45-12:00 Group Photo in front of check-in building
12:00-12:45 Lunch Catered by Riverside Dining of Crosslake
1:00-2:15 Meditative Hike w/Barbara (weather permitting)
2:30-3:45 Chakra Balancing w/Marcia (downstairs)
4:00-5:30 Drum Circle and Shamanic Drum Journey w/Elle (downstairs)
4:00-5:30 Guided Watercolor Painting Project w/Lexie (\$10 & must register-limit 10) (upstairs)
7:00 Happy Hour with Live Music by Anthony Kapusinski

Sunday

- 8:00-9:00 Flowing Strength w/Marcia (downstairs)
8:30-9:00 Yoga Nidra w/Jenn (virtual only)
9:15-10:30 "I am that" Gentle Flow w/Debbie K (downstairs)
10:45-12:15 Hands-On Restorative Flow & Gong Savasana w/Elle (downstairs) with additional instructors providing extra hands-on adjustments
12:15 Closing Comments/Retreat Ends
3:00 Check-out