

Tentative Weekend Schedule

Friday

- 3:00 pm Check-in begins.
4:30pm Gentle Welcome Flow w/ Jenn
6:00 pm Moving Forward Together w/ Jacquelyn
7:15 pm Happy Hour Potluck/Recipe Share

Saturday

- 8:00-8:30 Virtual Meditation w/ Christopher (log in on own)
9:00-10:15 You're Stronger Than You Think w/ Marcia (downstairs)
9:15-10:15 Navigating Life's Crossroads w/ Debbie K
10:30-12:00 Staying Grounded w/ Marya
12:00-12:15 Group Photo in front of check-in building
12:15-1:00 Lunch
1:00-2:00 Meditation Walk & Mandala Creation w/ Jenn
1:00-2:00 Restorative w/ Marcia (downstairs)
2:15-3:15 Mindful Self Compassion w/ Marya (downstairs)
2:15-3:15 Astrology w/ Jen W (Upstairs)
3:30-4:30 Yoga Anatomy w/ Jen W (downstairs)
3:30-4:45 Release ceremony w/ Elle (Starts upstairs and ends outside)

Sunday

- 8:30-9:00 Virtual Meditation w/ Christopher (log in on own)
8:30-9:30 Gratitude Flow w/ Intention Setting w/ Marcia
9:45-11:00 Let Go & Grow w/ Elle (downstairs)
11:15-12:15 Connecting Thru the Heart w/ Marya
12:15 Closing Comments/Retreat Ends

Recorded classes: Rise & Shine, Bedtime Gentle Flow, Energizing Mindful Movement, Yoga Nidra & Relaxed Yin Flow. Recorded classes can be viewed at any time during or after the retreat using the link provided in the email you received prior to the retreat.