

Weekend Schedule

Friday

- 3:00 pm Check-in begins.
4:30pm Zumba w/ Laurie B
6:00 pm Y4Y Party Flow w/ Jacquelyn
7:15 pm Happy Hour Potluck

Saturday

- 8:00-8:30 Meditation: Accepting What Is w/ Christopher (virtual & in person downstairs)
8:45-9:45 Rise & Shine Flow w/ Marcia (downstairs)
9:00-10:00 Chi Yoga Gentle Flow w/ Elle (upstairs)
10:15-11:30 Inversions w/ Carolyn (downstairs)
10:15-11:30 "Live Fully" Workshop w/ Debbie K (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 Trust Your Path Gentle Flow w/ Kelly (downstairs)
1:00-2:30 Practice of the Heart w/ Barbara (limit 12-\$15 & must register) (upstairs)
1:00-2:30 Yoga on the Docks w/ Jenn (behind cottages—weather permitting)
2:45-3:45 Outdoor Yoga Adventure w/ Carolyn (upstairs if inclement weather)
2:45-4:00 Growth Flow w/ Marya (downstairs)
4:15-5:00 Turn, Turn, Turn – 22 Twists w/ Barbara (downstairs)
4:15-5:15 All about Mandalas w/ Angie (Upstairs)
7:00 Happy Hour w/ live music from Anthony Kapusinski (upstairs)

Sunday

- 8:00-8:30 Meditation: Rediscovering Joy w/ Christopher (virtual & in person downstairs)
8:45-9:30 Song Workout w/ Laurie B (Downstairs)
9:45-10:45 Recovery Flow w/ Marcia (upstairs)
9:45-11:15 Gratitude Flow w/ Marya (Downstairs)
11:30-12:15 Closing Sound Bath w/ Elle & Tracy (downstairs)
12:15 Closing Comments/Retreat Ends
3:00 Check-out