

Tentative Weekend Schedule

Friday

- 3:00 pm Check-in begins
4:30pm Welcome Flow w/Jenn (outside or downstairs)
6:00 pm The Yogi Connection w/Jacquelyn (downstairs)
7:15 pm Happy Hour Potluck

Saturday

- 8:00-8:30 Listen to Yourself meditation w/Debbie (virtual & in-person downstairs)
8:45-9:45 Energizing Flow w/Carolyn (downstairs)
8:45-10:00 PJs and Reflection w/Kristi (virtual)
10:15-11:30 Relaxed Yin Flow w/hands-on w/Jen W (downstairs)
10:15-11:30 Nature Walk or Qigong w/Elle (outside)
11:45-12:00 Group Photo in front of check-in building
12:00-12:45 Lunch
1:00-2:00 Unlocking Your Spring Flower slow flow w/Jacquelyn (downstairs)
1:00-2:15 Discovering True Fun workshop w/Debbie (upstairs)
2:30-3:30 Somatic Workshop w/Jen W (downstairs)
4:00-5:00 New Moon Practice w/Barbara (downstairs)
4:00-5:30 Creative Fun w/Debbie (upstairs –limit 16 ppl, \$10 supply fee)
7:00-9:00pm Open creative time (upstairs)

Sunday

- 8:00-9:00 Beach Vibes flow w/Kristi (outside or downstairs)
9:15-9:45 Accept Yourself meditation w/Elle (virtual & in-person downstairs)
10:00-11:00 Gentle Flow & Journaling w/Carolyn (downstairs)
11:15-12:30 Final Relaxation restorative yoga and sound therapy w/Barbara & Elle (downstairs)
12:30 Closing Comments/Retreat Ends
3:00 Check-out