

Tentative Weekend Schedule

Friday

- 3:00 pm Check-in begins.
4:30pm Gentle Welcome Flow w/ Jen W.
6:00 pm Evolution Dance Party w/ Laurie B
7:15 pm Happy Hour Potluck/Recipe Share

Saturday

Breakfast available in upstairs room from 7:30-9:30am.

- 8:00-8:45 Rise & Shine Yoga w/ Amber
8:00-8:30 30 min Trail Run w/ Nate (Meet in front of check-in building)
9:00-10:15 Yoga for Seasonal Change w/ Rob
10:30-12:00 Yoga Transitions w/ Rob (downstairs)
Vision Board Workshop w/ Jenn (upstairs)
12:00-12:15 Group Photo in front of check-in building
12:15-1:00 Lunch
1:00-2:00 "Hope to Joy Journey: Finding Your Vehicle for Change"
Presentation w/ Nate (upstairs)
"Shift Your Perspective" Yoga w/ Amber (downstairs)
2:15-3:15 Nutrition focus: Homemade protein balls & bites w/ Laurie B
(upstairs)
2:15-3:30 "Release Your Inner Badass" Yoga w/ Marcia
3:30-5:30 Painting/Art workshop (\$25 to participate) (Upstairs)
4:00-5:15 Gentle Closing Flow Yoga Class w/ Marcia

Sunday

Breakfast available in upstairs room from 7:30-9:30am.

- 8:30-9:30 Morning Yoga w/ Nicole
8:30-9:00 30 min Trail Run w/ Nate (Meet in front of check-in building)
9:45-11:00 "Embracing Change; Letting Go of Fear" w/ Kelly
11:15-12:15 Closing flow w/ Angie
12:15 Closing Comments/Retreat Ends