

Tentative Weekend Schedule

Friday

- 3:00 pm Check-in begins
- 4:30pm Welcome Flow w/Debbie (outside or downstairs)
- 5:45 pm Fun Flow w/Jacquelyn (downstairs)
- 7:00 pm Happy Hour Potluck

Saturday

- 8:00-8:30 Meditation w/Christopher (virtual & in-person downstairs)
- 8:45-9:45 Energizing Flow w/Jacquelyn (downstairs)
- 8:45-9:45 Gentle Flow w/Elle (upstairs)
- 10:00-11:30 "Mapping Your Heart" workshop w/Debbie (upstairs)
- 10:00-11:30 "Roll the Dice" yoga w/Kristi & Jacquelyn (downstairs)
- 11:45-12:00 Group Photo in front of check-in building
- 12:00-12:45 Lunch
- 1:00-2:30 Poetry and Storytelling workshop w/Barbara & Elle (upstairs)
- 1:00-2:30 Posture Clinic w/Christopher & Debbie (downstairs)
- 2:45-3:45 Solar Plexus/Third Chakra Balancing Flow w/Marcia (downstairs)
- 2:45-3:45 Qigong w/Elle (outside)
- 4:00-5:15 Storytime Restorative w/Kristi (downstairs)
- 7:30-8:30pm S'mores and Stories w/Barbara (outside lower level lodge)

Sunday

- 8:00-9:00 Flowing Strength Plus w/Kristi (downstairs)
- 9:15-9:45 Meditation w/Christopher (virtual & in-person downstairs)
- 10:00-10:45 Yin for upper body w/Barbara (downstairs)
- 11:00-12:00 Restorative Yoga w/hands-on assists w/Marcia et al (downstairs)
- 12:00-12:15 Closing Comments/Retreat Ends
- 3:00 Check-out