



Our time together

Thursday

4-5:00 pm	Arrival and Settling In
5:00 pm	Opening
6:30 pm	Dinner
7:45 pm	Evening Ritual
9:00 pm	Free Time

Friday and Saturday

6:30 am	Nature Walk (weather permitting)
8:15 am	Good Morning Meditation/Yoga
9:00 am	Breakfast
10:15 am	Activity/Conversation
12:30 pm	Lunch Movement/Exploration/Rest
4:30 pm	Restorative Yoga
6:00 pm	Dinner Evening Activity/Conversation Evening Ritual
9:00 pm	Free Time

Sunday

6:30 am	Nature Walk (weather permitting)
8:15 am	Good Morning Meditation/Yoga
9:00 am	Breakfast
10:15 am	Activity/Conversation
11:00 am	Closing Ritual