

RETREAT WEEKEND

THURSDAY

5:30-6pm Arrival and Welcome

6- 7:30 Welcome dinner

7:30 Opening connection

8pm Open Free time

FRIDAY

7:30-8:30 Breakfast

8:30- 10 Workshop

10:30 Sound Bath with Whitney

11:30-12 Lunch

12:30- 2 Workshop

2-4 Free time

4-5 Buti Yoga with Dana

5-6:30 Free time

6:45 Leave for Dinner at the Roost

After dinner- Game night and desserts

RETREAT WEEKEND

S A T U D A Y

7:30-8:30 Breakfast

8:30- 10 Breath work and Workshop

10:00- 10:30: Restorative Yoga with Shelby

10:30 - 11:30 Free Time

11:30-1:30 Lunch and free time

1:30- 3:30 Workshop -Rage Room Experience

3:30 - 5 Free Time

5-6:30 Free time

6:30 Dinner

After dinner- Game night and desserts

S U N D A Y

7:30-8:30 Breakfast

8:30-10:30 Closing Workshop

10:30am- Nothingness- open time for rest, connection, crafting, reading- whatever we want and need

This is a full day of integration and spacious rest and connection for us

M O N D A Y

7:30-8:30 Breakfast

9-10am Check out

11 am All guests must be checked out