

WINTERING RETREAT ITINERARY

Day	Activity	
Friday	Arrival from 1:30pm	
	3:00pm	Opening Circle
	4:30pm	Yoga
	6:30pm	Dinner
	8:00pm	Evening Meditation
	9:00pm	Free Time
Saturday	7:30am	Morning Yoga
	9:00am	Breakfast
	10:00am	Nature Walk
	11:00am	Coffee & Cake
	11:30am	Yoga
	1:00pm	Lunch
	2:30pm	Creativity
	4:30pm	Free Time
	6:30pm	Dinner
	8:00pm	Evening Meditation
	9:00pm	Free Time
Sunday	7:30am	Morning Yoga
	9:00am	Meditation & Visioning
	10:30am	Brunch
	12:00pm	Closing Circle
	1:00pm	Depart

