

WINTERING RETREAT ITINERARY

| Day | Activity |
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| 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 |

