

Sample Weekend Schedule

Friday

Time	Activity
4:00-6:00 pm	Registration – arrive, unpack, relax and unwind
6:00 – 7:00 pm	Wine Social Hour – Welcome Gathering
7:00 – 8:30 pm	DINNER
8:30 – 10:00 pm	Evening Entertainment – TBD
10:00 – 11:00 pm	Campfire

Saturday

Time	Activity
7:00 – 8:30 am	BREAKFAST
9:00 – 10:30 am Session Choice 1 REFLECT	Example - Morning Meditation & Yoga
	Example –Crafting ex. Bullet journals, wreath making, glass etching
	Example – Kayaking/Paddle Boarding/Canoeing
10:30 – 11:00	MORNING SNACK
11:00 – 12:30 pm Session Choice 2 CREATE	Example – Crafting – ex. Paint Party, Dream Catchers, Sign Making
	Example - Vision Board Workshop or Guided Journaling
	Example - Dance/Fitness Workshop - ex. Burlesque, Zumba, Pound
12:30 – 2:00 pm	LUNCH
2:00 – 4:00 pm Session Choice 3 GROW	Example - High Ropes or Low Ropes
	Example - Archery or Axe Throwing
	Example – Rock Climbing
4:00 – 4:30 pm	AFTERNOON SNACK
4:30 – 6:00 pm Free Time (Optional Sessions)	Free Time
	Or Sign up for
	Optional Sessions
6:00 - 7:00 pm	Wine Social Hour and Group Activity
7:00 – 8:30 pm	DINNER
8:30 – 10:00 pm	Nightly entertainment – TBD
10:00 – 11:00pm	Campfire

Sunday

Time	Activity
7:00 – 8:30 am	BREAKFAST
9:00 – 9:45 am	Room Clean-up
10:00 – 11:00 am Session Choice 4 LEARN	Example – How not to lose your sh*t everyday – Stress Workshop
	Example - How to develop a “badass” mindset – Workshop
	Example - Escape Room Challenge
11:00 – 12:00 pm	Closing
12:00 – 1:00 pm	LUNCH
1:00 – 2:00 pm	Departures

This schedule is just a sample of the activities that could be offered at any given Women’s Retreat. Schedule is subject to change upon confirmation of instructors, but we can guarantee that the options given for each session block will be nothing short of amazing. There will be something for everyone!

Upon your confirmed registration and once full payment has been received, a schedule will be sent to you a few weeks prior to the Retreat. At that time, you will get to select the sessions you wish to sign up for in each session block.