



Sample Weekend Schedule

Friday

Time	Activity
3:00 - 6:00 pm	Registration – arrive, unpack, relax and unwind One-on-one session bookings (facial, massage, medium)
6:00 – 7:15 pm	Wine Social – Welcome Gathering
7:15 – 8:30 pm	DINNER
8:30 – 10:00 pm	Evening Entertainment – TBD (comedian, magician, keynote speaker)
10:00 – 11:00 pm	Campfire & S'mores

Saturday

Time	Activity
7:00 – 8:30 am	BREAKFAST
9:00 – 10:30 am Session Choice 1 REFLECT	Morning Meditation & Yoga
	Fitness activities: Example -Burlesque Dancing, Belly Dancing, Zumba
	Reflection Activities: Example - Bullet Journaling Workshop, Vision Boards
	Educational Activities: Example - Empowerment Workshop, Wellness Workshop
	Crafting Activities: Example - Hand Stamped Jewelry, Sign Making, Bath Bombs
Outdoor Adventure Activities – Example: Archery, High Ropes, Paddle Boarding	
10:30 – 11:00	MORNING SNACK
11:00 – 12:30 pm Session Choice 2 CREATE	Fitness activities: Example –Pilates, Pound Fitness, Striptease
	Reflection Activities: Example – Mala Making, Meditation, Inner Peace Workshop
	Educational Activities: Example – Stress Management, Organizing 101
	Crafting Activities: Example – Dream Catchers, Painted Wine Glasses,
Outdoor Adventure Activities – Example: Rock Climbing, Kayaking, Mountain Biking	
12:30 – 2:00 pm	LUNCH
2:00 – 3:30 pm Session Choice 3 GROW	Fitness activities: Example – Self Defense, Hiking, Latin Dancing
	Reflection Activities: Example – Group Medium Reading, Guided Painting Party
	Educational Activities: Example – Feng Shui, Essential Oils, Natural Beauty
	Crafting Activities: Example – Glass Etching, Mosaic Tiling, Wood Working
Outdoor Adventure Activities – Example: Low Ropes, Axe Throwing, Voyager Canoe	
3:30 – 4:00 pm	Snack

4:00 – 6:00 pm Free Time <i>Optional Sessions</i>	One on One Bookings
	Choose your own mini adventure – High Ropes/Archery/Climbing
	Open Waterfront – Kayaking, Canoeing, Paddle Boarding
	Group Friendship Photos
6:00 - 6:30 pm	Prep time for Themed Dance Party
6:30 – 8:00 pm	DINNER
8:00 – 11:00 pm	Nightly entertainment – Themed Dance Party
9:00 – 11:00pm	Campfire & Gourmet Snack Bar

Sunday

Time	Activity
7:30 – 9:00 am	BREAKFAST
9:00 – 9:45 am	Room Clean-up
10:00 – 11:30 am Session Choice 4 LEARN	Example – How not to lose your sh*t everyday – Stress Workshop
	Example – How to develop a “badass” mindset – Confidence Workshop
	Example – Escape Room Challenge – Adventure Activity
	Example – Stop living paycheck to paycheck – Money Management Workshop
	Example – Inner Peace and Wellness – Health Workshop
Example - Intuitive Painting Workshop	
11:30 – 12:00 pm	Closing – Survey/Wrap Up/Group Photo
12:00 – 1:00 pm	LUNCH
1:00 – 2:00 pm	Departures

** Subject to change

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 available for each session block will be nothing short of amazing. There will be something for everyone!

Upon your confirmed registration, a schedule will be sent to you a few weeks prior to the Retreat. At that time, you will select the session you wish to sign up for in each session block.