



Sample Mama and Daughter Weekend Schedule

Friday

Time	Activity
3:00 - 5:00 pm	Registration – arrive, unpack, relax and unwind Customize your t-shirt station
5:00 – 6:15 pm	Welcome Gathering and Icebreakers
6:15 – 7:30 pm	DINNER
7:30 – 9:00 pm	Evening Entertainment – TBD (comedian, magician, etc)
9:00 – 10:30 pm	Campfire & S'mores

Saturday

Time	Activity
7:00 – 8:30 am	BREAKFAST
9:00 – 10:30 am Session Choice 1	Fitness activities: Example - Yoga, Belly Dancing,
	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 – 11:15	MORNING SNACK
11:15 – 12:30 pm Session Choice 2	Fitness activities: Example –Zumba, Voyageur Canoeing
	Educational Activities: Example – Social Media Safety, Cooking Class
	Crafting Activities: Example – Dream Catchers, Painted Mugs, Paint Party
	Outdoor Adventure Activities – Example: Rock Climbing, Kayaking, Mountain Biking
12:30 – 1:30 pm	LUNCH
1:30 – 3:00 pm Session Choice 3	Fitness activities: Example – Self Defense, Hiking, Latin Dancing
	Educational Activities: Example – Natural Beauty Workshop, Prepping for College
	Crafting Activities: Example – Glass Etching, Mosaic Tiling, Wood Working
	Outdoor Adventure Activities – Example: Low Ropes, Axe Throwing, Voyager Canoe
3:00 – 3:30 pm	Snack
3:30 – 5:30 pm Free Time	Open Waterfront – Kayaking, Canoeing, Paddle Boarding
	Group Friendship Photos
5:30 – 7:00 pm	DINNER
7:00 – 10:00 pm	Nightly entertainment – Themed Dance Party
9:00 – 11:00pm	Campfire & Late Night Snack

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	Kid Workshop Example – Dealing with Bullies - Empowerment Workshop
	Parent Workshop Example – How to talk about the birds and the bees
	Example – You are BeYOUtiful – Confidence 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 Mama and Daughter'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.