



**Location Key:** November Lodge **Dining Hall**

**Check in times:** Friday: 5:30p – 6:30p

### **Friday, September 8**

5:30 – 6:30p Friday Arrival and Check-in

**6:30 – 7:30p** Dinner

7:45 – 8:30p Retreat Opening with Cortney + Giovanna

8:45 – 10:00p Cacao Ceremony with Erica

### **Saturday, September 9**

8:00 – 9:00a Awakening Yoga *with Giovanna*

**9:15 – 10:15p** Breakfast

10:30 – 12:30p Shinrin Yoku: Forest Therapy *with Angela*

**12:45 – 1:30p** Lunch with Sandy Bottom Bowls

1:45 – 2:30p Align to Shine *with Ted + Cortney*

2:45 – 3:30p Alchemy: The Power of Rituals *with Ted*

**3:45 – 4:45p** Breakout - Acro/Partner Yoga *with Liz + Tom*

**3:45 – 4:45p** Breakout – Hip Hop Yoga *with Heather*

**5:00 – 6:00p** Dinner

**6:15 – 7:15p** Breakout – Positive Psychology *with Tracy*

**6:15 – 7:15p** Breakout – Embodied™ Reiki *with Cortney*

7:30 – 8:30p Sound + Restorative *with Auburn*

9:00 – 10:00p Fireside Live Music (slumber party)

### **Sunday, September 10**

7:00 – 7:30a Meditation and Sacred Chanting *with Cortney*

7:45 – 8:45a Rise and SHINE Yoga (All-Levels) *with Amy*

**9:00 – 9:45a** Breakfast

10:00 – 10:45a Open session - TBA

11:00 – 12:00p Power Up Your Hormonal Health *with Amanda*

12:00 – 12:30p Retreat Closing

12:30 – 1:00p Departures

Please note: Agenda is subject to change without written consent; all sessions are optional