



Women's Spring and Fall Retreats

Sample Schedule

Friday

5:00 pm	Check-in and Welcome Party
7:30 pm	Evening Program

Saturday

6:30 am	Yoga - Awakening
7:45 am	Breakfast
8:45 am	Morning programs and spa.
12:00 noon	Lunch w/ guest speaker
1:30 pm	Afternoon programs and spa
6:00 pm	Dinner
7:00 pm	Dance Party

Sunday

7:00 am	Yoga - Awakening
8:15 am	Breakfast
9:15 am	Morning Programs and Spa
12:45 pm	Lunch
2:30 pm	Closing Activity