

# Nature Infused Menu

## **Antipasto**

Friday 6:00 PM

Assorted Deli Meats    Assorted Cheeses    Artisan bread    Raw Veggie Olives  
Fresh Fruit    Spinach/Artichoke Dip    Crackers    Mini Cupcakes

## **Continental Breakfast**

Sat. 7:30 AM

Granola    Yogurt    Fresh Fruit    Toast    Avocados  
Bagels    Boiled Eggs    Milk    Juice

## **Make your own Salad**

Sat. 12 Noon

Artisan Lettuces    Raw Veggies    Assorted Deli Meats    Cheese    Nuts  
Fresh Fruit    Salad Dressing    Croutons    Assorted Cookies

## **Make your own Taco Bowls**

Sat. 6:30 PM

Black Beans    Rice    Grilled Chicken    Cheese    Lettuce  
Pico    Avocados    Sour Cream    Corn Tortilla Chips    Cheesecake

## **Continental Breakfast**

Sun. 7:30 AM

Granola    Yogurt    Fresh Fruit    Toast    Avocados  
Bagels    Boiled Eggs    Milk    Juice

**Available All Day**    Bottled Water    Tea    Coffee    Chocolates    Trail Mix

# Nature Infused Schedule

## **Fri.**

6 PM- Arrive and choose a bed. Eat, Relax, Explore and get to know each other.

8 PM- Opening: Getting to know each other, information about the weekend & a guided meditation.

## **Sat.**

6:30 AM- Activity\*: Sunrise Meditation & Yoga. This is Restorative Yoga designed to gently get us ready

for the day ahead. Out on the deck if the weather permits.

7:30AM-Breakfast

8:30 AM-Activity\*: Collaborative Painting.

9 AM- Activity: Tapping into nature. We will discuss ways to connect with nature spirits and elementals, crystals, plants & animals. Then we will walk around the farm and to the creek to practice connecting.

12 Noon- Lunch

1 PM- Free Time

2:30 PM-Activity\*: Introduction to Modern Shamanic Healing and Energy Work.

5:00 PM-Activity\*: Group Discussion.

6 PM-Dinner

7 PM-Activity\*: Spirit Gallery\*\*.

8 PM-Activity\*: Guided Meditation.

## **Sun.**

6:30 AM- Activity\*: Sunrise Meditation & Yoga

7:30 AM- Breakfast

9 AM- Closing: Group discussion & art project.

10:30 AM- Pack up & check out.

\*Note about Activities: We believe the best way to learn is experientially, by doing. Please do not worry

about not having knowledge of a topic, experience in an activity or creative ability. We will meet you

where you are. We are all at different places on our spiritual journey. Although Restorative Yoga is not as

active as some forms of yoga, please let Tam know if you have any health concerns.

\*\*A Spirit Gallery is a group intuitive reading.

**What to Bring:** Comfy clothes, PJ's, hygiene products, yoga mat, walking shoes. If you choose to, you can bring your own soda, beer or wine to drink.