

Schedule

Friday

6 PM- Arrive and choose a bed. Eat, Relax & Explore.

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

Saturday

6:30 AM- Activity*: Sunrise Yoga**.

7:30AM-Breakfast

8:30 AM-Activity*: Spiritual Creativity. Collaborative Painting & Affirmation Signs.

9:30 AM- Activity*: Energy Work.

12 Noon- Lunch

1 PM- Free Time, Hiking & Individual Services****.

2:00 PM-Activity*: Past Life Exploration.

5:00 PM-Activity*: Group Discussion & Individual Services****.

6 PM-Dinner

7 PM-Activity*: Spirit Gallery*** & Bonfire.

8 PM-Activity*: Group Tarot.

Sunday

6:30 AM- Activity*: Sunrise Yoga**

7:30 AM- Breakfast

9 AM- Closing: Putting it all together. Group discussion & making a memory item.

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 are all at different places on our spiritual journey & we will meet you where you are.

**This is Restorative Yoga designed to gently get us ready for the day ahead. Although Restorative Yoga is not as active as some forms of yoga, please let Tam know if you have any health concerns. Out on the deck if the weather permits.

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

****Individual Services could include mini massages, astrological readings, life coaching sessions, etc.

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.

Menu

Baked Potato Bar

Friday 6:00 PM

Baked Potatoes Chili Cheese Sauce Steamed Broccoli Bacon Bits
Butter Sour Cream Green Onions Fresh Fruit Mini Cupcakes

Continental Breakfast

Saturday 7:30 AM

Granola Yogurt Boiled Eggs Fresh Fruit Avocados
Bagels Butter Peanut Butter Cream Cheese Milk Juice

Salad Bar

Saturday 12 Noon

Artisan Lettuces Raw Veggies Deli Meats Fresh Fruit Cheese
Nuts/Seeds Salad Dressing Bacon Bits Avocados Crackers Cookies

Taco Bowls

Saturday 6:00 PM

Black Beans Rice Grilled Chicken Cheese Lettuce Corn Tortilla Chips
Fresh Fruit Ripe Olives Avocados Pico Taco Sauce Sour Cream Cheesecake

Continental Breakfast

Sunday 7:30 AM

Granola Yogurt Boiled Eggs Fresh Fruit Avocados
Bagels Butter Peanut Butter Cream Cheese Milk Juice

Available All Day Water, Tea & Coffee & Snacks