

# Body and Soul Retreat Schedule

	2019-30 Thursday	2019-31 Friday	2019-1 Saturday	2019-2 Sunday
07:30:00		For the Sheering pleasure of Re- structure Your tissues	Early am Hike OR Morning Mist Paddling Trip – breakfast on river (weather permitting)	Early morning Re-boot Core session
8:30am		Lodge Breakfast delivered to your cottage	Lodge Breakfast delivered to your cottage if not on the river	Lodge Breakfast delivered to your cottage
10:30am 12:00		Shoulder Ball Bliss & Re-boot	Hike : Treat your feet workshop	Yoga Tune-Up® re-boot your hips Workshop
12:00pm		Free	Free	Free
12:30pm		Lunch	Lunch	Lunch
1:30pm		Yoga Tune-Up® Ball bliss Hip Workshop	Yin Yoga - balance between day and night	Check Out: is at 11:am bags at front door of cottage
4:00pm	Check In			
6:00pm	Social Hour	Social Hour	Social Hour	
7:00pm	Dinner	Dinner	Dinner	
8:00pm	Restorative Meditation		Evening Meditation	