

Renee will assist you in learning techniques to self-soothe, massage, and re-hydrate tissues that limber you up and help you to either maintain or progress toward a pain and stress-free life. You will gain tools to make self-care a part of your daily routine and have an opportunity to head out on the river for a meditative kayak or canoe adventure.

## Body and Soul Retreat Schedule

October	2024-17 Thursday	2024-18 Friday	2024-19 Saturday	2024-20 Sunday	2024-21 Monday
07:30:00		For the Sheering pleasure of Re- structuring Your tissues		Early morning Re-boot Core session	Checkout will be this am, Please have your bags Ready for pick up at your cottage by 10am
8:30am		Breakfast delivered to your cottage	Lodge Breakfast	Lodge Breakfast delivered to your cottage	Lodge Breakfast
10:30am 12:00		Sound Play Drumming/ Music therapy	Five Finger Rapid tour or Paddle/hike	re-boot your hips Workshop	9:30 Yin Yoga And Sound bath
12:00pm		Free	Free	Free	Lunch to go!
12:30pm		Lunch	Lunch	Lunch	
1:30pm		Shoulders not Boulders Freedom from Tension	Breath and Bliss  Turn ON your OFF switch	Yoga for Walkers or Runners... & Love thy Lymph	
4:00pm	Check In				
6:00pm	Social Hour	Social Hour	Social Hour	Social Hour	
7:00pm	Dinner	Dinner	Dinner	Dinner	
8:00pm	Find your Zen/yoga		Rhythm & Rest Yoga	Evening fire	