



Sample Schedule

- 7:00 am Coffee, Tea at Sages Café
- 7:30 – 8:30 am Gentle Yoga at Sages Yoga Studio
- 8:30 – 9:30 am Breakfast at Sages Café
- 10:00 – 11:00 am Introduction to the Medicine Wheel
OR Expressive Arts in Willows Art Studio
OR Culinary Class in Willows Culinary Kitchen
- 11:30 am – 12:30 pm Animal Interactions: Puppies or Chickens
OR Movement & Functional Fitness in Willows Fitness Studio
OR Wellness Presentation and Discussion
- 12:30 – 1:30 pm Lunch at Sages Café
- 2:00 – 3:00 pm Horticulture at Willows Greenhouse
OR Expressive Arts in Sages Yoga Studio
- 3:30 – 4:30 pm Movement & Functional Fitness in Willows Fitness Studio
OR Expressive Arts in Willows Art Studio
OR Culinary Class in Willows Culinary Kitchen
- 5:30 – 6:15 pm Pre-Dinner Reception at Moon House
- 6:30 – 8:00 pm Dinner at Blue Heron Restaurant
- 8:00 – 9:30 pm Evening Activity at Sages Yoga Studio
OR Fire Circle at Medicine Wheel