



## SCHEDULE OF ACTIVITIES WEEK OF JULY 27 – JULY 30

### Thursday, July 27

8:00a - 9:00a.....	Yoga .....	Gentle Morning Yoga .....	Sages Yoga Studio .....	Anjali
8:30a – 11:30a .....	Nature Based .....	Hike (*).....	Meet at Registration .....	Billy
10:00a – 11:00a .....	Mindfulness + Meditation .....	Finding Your Place on the Medicine Wheel .....	Medicine Wheel.....	Michael
10:00a – 11:00a .....	Fitness .....	Roll & Release .....	Sages Yoga Studio .....	Anjali
11:15a – 12:15a .....	Fitness .....	The Art of Archery (*).....	Medicine Wheel.....	Anjali
11:15a – 12:15a .....	Animal Interactions .....	Upbeat Canine Play .....	Puppy Studio.....	Britte
2:00p– 3:00p .....	Fitness .....	Sunrise Select Fitness .....	Willows Fitness Studio .....	Sabrina
2:00p – 3:15p .....	Expressive Arts .....	Collage Expressions .....	Willows Art Studio .....	Diane
3:30p – 4:30p .....	Horticulture .....	Herbal Tea Making- Iced .....	Willows Kitchen .....	Danielle
3:30p – 4:30p .....	Expressive Arts .....	Open Art Studio: Drop In! .....	Willows Art Studio .....	Diane
3:30p – 4:30p .....	Fitness .....	Open Fitness Studio .....	Willows Fitness Studio .....	Sabrina
7:45p – 8:30p .....	Animal Interactions .....	Puppy Preschool.....	Sages Puppy Studio.....	ADW

### Friday, July 28

8:00a - 9:00a.....	Yoga .....	Gentle Morning Yoga .....	Sages Yoga Studio .....	Anjali
8:30a – 11:30a .....	Nature Based .....	Hike (*).....	Meet at Registration .....	Daniel
10:00a – 11:00a .....	Expressive Arts .....	Body as Brush: Expressive Painting .....	Willows Art Studio .....	Diane
10:00a – 11:00a .....	Mindfulness + Meditation .....	Deep Relaxation .....	Sages Yoga Studio .....	Anjali
11:15a – 12:15a .....	Culinary .....	Raw Cashew Cheesecake .....	Willows Kitchen .....	Anjali
11:15a – 12:15a .....	Fitness .....	The Art of Archery (*) .....	Medicine Wheel.....	Jacob
1:30p – 1:50p .....	Mindfulness + Meditation .....	Spirit Lodge Orientation .....	Meet at Ceremonial Circle .....	Diane
2:00p– 3:00p .....	Fitness .....	Sunrise Select Fitness .....	Willows Fitness Studio .....	Sabrina
2:00p– 3:00p .....	Mindfulness + Meditation .....	Finding Your Place on the Medicine Wheel .....	Meet at Willows Art Studio .....	Diane
3:30p – 4:45p .....	Animal Interactions .....	Silkie Chicken Play .....	Chicken Coop .....	Ruth
3:30p – 4:30p .....	Fitness .....	Open Fitness Studio .....	Willows Fitness Studio .....	Sabrina
3:30p – 4:45p .....	Mindfulness + Meditation .....	Self-Care Recharge & Qigong.....	Sages Yoga Studio .....	Diane
5:30p – 7:30p .....	Mindfulness + Meditation .....	Spirit Lodge (*) (**) .....	Meet at Ceremonial Circle.....	Concha
7:45p – 8:30p .....	Animal Interactions .....	Puppy Preschool.....	Sages Puppy Studio.....	ADW

(\*) Space is limited. Advanced sign up required.

(\*\*) There is an additional fee.



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Saturday, July 29

7:00a - 8:00a.....Nature Based .....	Fishing .....	The Pond Dock .....	Billy
8:00a - 9:00a.....Yoga .....	Gentle Morning Yoga .....	Sages Yoga Studio .....	Anjali
8:30a - 11:30p .....	Hike (*).....	Meet at Registration .....	Billy
10:00a - 11:00a.....Fitness .....	Open Fitness Studio .....	Willows Fitness Studio .....	Sabrina
10:00a - 11:00a.....Fitness .....	Roll & Release .....	Sages Yoga Studio .....	Anjali
10:00a - 11:00a.....Culinary .....	Sensational Seasonal Salads.....	Willows Kitchen .....	Jennifer
11:15a - 12:15a .....	Sunrise Select Fitness .....	Willows Fitness Studio .....	Sabrina
11:15a - 12:15a .....	Brushless Painting .....	Willows Art Studio .....	Ruth
11:15a - 12:15a .....	Pool Yoga.....	Pool.....	Anjali
1:30p - 1:50p .....	Spirit Lodge Orientation .....	Meet at Ceremonial Circle .....	Billy
2:00p - 3:00p .....	Sunrise Select Fitness .....	Willows Fitness Studio .....	Sabrina
2:00p - 3:15p .....	Little Library of Joy .....	Willows Art Studio .....	Ruth
2:00p - 3:15p .....	Herbal Eye Pillows.....	Willows Kitchen .....	Jennifer
3:30p - 4:45p .....	Connecting with Silkies .....	Chicken Coop .....	Jennifer
3:30p - 4:30p .....	Open Fitness Studio .....	Willows Fitness Studio .....	Sabrina
3:30p - 4:30p .....	Open Art Studio .....	Willows Art Studio .....	Ruth
5:30p - 7:30p .....	Spirit Lodge (*) (**) .....	Meet at Ceremonial Circle.....	Bernard
7:45p - 8:30p .....	Puppy Preschool.....	Sages Puppy Studio.....	ADW

Sunday, July 30

8:00a - 9:00a.....Yoga .....	Rise + Shine Yoga .....	Sages Yoga Studio .....	Jennifer
8:30a - 11:30a .....	Hike (*).....	Meet at Registration .....	Daniel
10:00a - 11:00a.....Mindfulness + Meditation .....	Meditation & Qigong .....	Sages Yoga Studio .....	Diane
10:00a - 11:00a .....	Herbal Eye Pillows.....	Willows Kitchen .....	Jennifer
11:15a - 12:15a .....	Heart Opener .....	Puppy Studio.....	Britte
11:15a - 12:15a .....	Qigong Mindful Movement.....	Sages Yoga Studio .....	Diane
2:00p - 3:15p .....	Photoku .....	Willows Art Studio .....	Diane
2:00p - 3:15p .....	Connecting with Silkies .....	Sages Yoga Studio .....	Jennifer
2:00p - 3:15p .....	Herbal First Aid .....	Willows Kitchen .....	Danielle
3:30p - 4:45p .....	Plant Myth, Magic and Folklore .....	Willows Kitchen .....	Danielle
3:30p - 4:30p .....	Flow Yoga .....	Sages Yoga Studio .....	Jennifer
7:45p - 8:30p .....	Puppy Preschool.....	Sages Puppy Studio.....	ADW

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