

- \$500 deposit secures your sport and gives you a room assignment preference
- Paid in full deadline January 4, 2024
- All payments are non-refundable unless/until someone else takes your place
- Payments preferred vis Venmo (@janette-Vogt) or Zelle (janettevogt23@gmail.com)

Itinerary

Thursday
04.04.24
arrived,
dinner.

Arrival 4pm – 6 pm
Unpack and settle in for the weekend. Once all guests have
we will gather for introductions, information and

After dinner we will have an intention setting ceremony to create
an individual sacredness for each person attending.

Friday
04.05.24

7:30am – 8:30 am
Guided Meditation/ Yoga and/or Mindful Movement
This session is about finding balance for the day rather than being
an expert yogi. Participate as much or as little as you would like.
Sleeping in is always an option.

9 am
Light Breakfast

10 am – 11:30
Free time – explore the grounds, swim, jacuzzi, hike, journal ...

11:30 am
Workshop

1 pm
Group Lunch

2 pm
Free time – explore the grounds, swim, jacuzzi, hike, journal ...
Massage (optional/fee not included)

4 pm
Sound Bath or Restorative Touch

6 pm
Dinner

7:30
Fire Ceremony

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Saturday
04.06.24

7:30am

Guided Meditation/ Yoga and/or Mindful Movement

This session is about finding balance for the day rather than being an expert yogi Participate as much or as little as you would like.

9 am

Light Breakfast

11:30 am

Workshop

1 pm

Lunch

2pm

Hike/Nature Walk

4 pm

Free time to explore the grounds, swim, jacuzzi, hike, journal, read.

6 pm

Dinner

7:30 Ceremony

Sunday
04/07/24

8 am

Nature Walk or Yoga

10 am

Brunch

11:30 am

Closing Ceremony

