

# Humor & Heart Spring Retreat

May 30-June 2, 2019

## SCHEDULE OF EVENTS

HOT SPRINGS	Available 9 am - 10 pm Daily Thursday May 30	FRIDAY May 31	SATURDAY June 1	SUNDAY June 2
6:00 AM		Yoga with Nancy/Melissa	Yoga with Nancy/Melissa	Yoga with Nancy/Melissa
7:00 AM				
8:00 AM		Breakfast	Breakfast	Breakfast
9:00 AM			Leading with your Strengths with Alissa	Closing Gathering & Check Out
10:00 AM		Breath with Nancy/Noelle		
11:00 AM				Lunch on your own
12 Noon		Lunch	Lunch	Possible Raft Trip (let us know if you are interested!)
1:00 PM				
2:00 PM		Fearless Play with Maura	Partner Yoga with Melissa or Guided Hike	
3:00 PM				
4:00 PM	Check-in			
5:00 PM	Opening Gathering		Dinner on your own / free time	
6:00 PM	Dinner (Soup & Bread Night)	Dinner (Taco Bar)		
7:00 PM	Fun is Not a Four-Letter Word with Maura	Enneagram with Nancy		
8:00 PM				
9:00 PM	Free time in lodge	Free time in lodge		
10:00 PM			Free time in lodge	