

Schedule for 2010 Retreat

Friday

- 6:00-7:00pm arrive, get settled
- 7:00-7:30pm Introductions
- 7:30-9:30 Restorative Yoga and Meditation with Meaghan

Saturday

- 7:00 am light breakfast and tea
- 7:30-8:30am Embodiment Practices and Meditation with Meaghan
- 8:30-10:30 Flow and Breath with Lindsay
- 10:30-11:30 Brunch
- 11:30-2:00pm Time to Explore: the sauna, the hot tub, a nap, journaling, country side walks and options for creative explorations
- 2:00-5:00pm Yoga and Meditation with Meaghan
- 5:30 Dinner at local Indian Restaurant
- 8:00 Campfire Singalong with Charlena Russell (and Hot Tub and Sauna time too!)

Sunday

- 7:00 light breakfast and tea
- 7:30-8:30am Embodiment Practices and Meditation with Meaghan
- 8:30-10:30 Yoga Together! with Meaghan and Lindsay
- 10:30-11:30 Brunch
- 11:30-12:30 Closing Activities

After packing away your things, feel free to enjoy the Beauty of Fergus and Elora with your relaxed, embodied self.