

Itinerary

Friday

5:00pm - arrivals, check-in, explore, sip tea
6:00 - 7:15pm - yoga
7:15 - 7:30pm - opening sacred circle, ice breaker
7:30pm - hors'd'ourves, wine, mingle
Evening Sauna

Saturday

7:00am - Early Risers - light food/tea/coffee
8:30 - 10:00am - dynamic flow yoga
10:15 - 11:15am - brunch
12:00 - 3:00pm - Special Event (TBD)
small snack (soup)
5:00 - 6:15pm - yin yoga/yoga nidra
6:45pm - dinner*
Evening Sauna

*Please note that if you would like to have a glass of wine with your evening dinner, it's byow

Sunday

7:00am - Early Risers/light food/tea/coffee
9:00am - 11am - yoga
11:00am - 12:00 - brunch
12:00am - 1:00pm - pack-up
after brunch, you can continue to enjoy the area, with a late check-out (1-2pm.)

* If you're an early riser, the yoga sanctuary will be available for you, for mediation, own practice etc. If you need something in your belly before the morning practice, we will have coffee/tea and continental om noms.

* Also, there will always be available tea/hot water for sipping & snacks

* All the meals are vegetarian, with gluten and dairy free options

* We will have maple syrup & honey for sweetener and dairy creme/alternate milk for coffee/tea

The menu will be kept a secret; unveiling will be at the site

The itinerary is subject to slight changes