

Sample Schedule

Friday August 15

12:00-3:00 Arrival and Setup

3:00-4:30 Opening Circle

& Introductions

4:30-5:00 Walking Tour

5:30 -6:30 Dinner

6:00-9:30 Night Market with

Live Music

10:00 Bedtime

(optional practitioner services

throughout the day)

Saturday August 16

8:00-5:00 Free Flow

Wellness Schedule

10:30-12:30 Open Brunch

6:00-7:30 Dinner

7:30-9:30 Live Music & DJ

or Yoga Nidra and Meditation

10:00 Bedtime

(optional practitioner services

throughout the day)

Sunday August 17

8:00-11:00 Calming/Gentle

Free Flow Wellness Schedule

11:00-12:30 Formal Brunch

12:30-1:30 Closing Ceremony

1:30-3:00 Slow Departure