



WEEKEND GETAWAY 2019
SCHEDULE

FRIDAY, MAY 31

1PM 2PM 3PM 4PM 5PM 6PM 7PM 8PM 9PM 10PM

Arrive at
Your Weekend!

1:30-3pm Henna Tent

1:30pm Arrival Activities

**2pm
Movement
Class**

- Choose from:
- intenSati
 - The Nature Experience
 - RAD Roll Out - Partner Massage
 - Root to Rise Yoga

Painting, Flower Crowns,
Camp Tours

Land at the lake, enjoy a healing
treatment, wander the camp, unpack
and make new friends, the time is yours.

**3:30pm
Weekend Kick
Off at the Lake**

**4:45pm
Opening
Circles**

6-7:30pm
Dinner

7:30pm (90 min)

Workshop 1:

FILL IN YOUR WORKSHOP

**9:15-10pm
Movement
Class**

- Good Night Pajama Yoga

**9:30pm
Campfire
Jam
Session**

Make your way
in your comfiest
clothes to the
warmth and
music.

Welcome to the weekend, we're so excited you've arrived! Take advantage of our arrival activities, all new this year!



WEEKEND GETAWAY 2019

SCHEDULE

SATURDAY, JUNE 1

7AM 8AM 9AM 10AM 11AM 12PM 1PM 2PM 3PM 

8-9:30am
Breakfast

12-1:30pm Lunch

12:30-2:30pm Henna Tent

7am Movement Class

Choose from:

- Shine Through Strength & Sweat
- Qigong
- Roll Away Tension - Head, Neck, Shoulders Release

9:30pm (2 hours)
Workshop 2:
FILL IN YOUR WORKSHOP

1:30pm
Rest(oration) Time, Lake Activities
Your time to integrate all you're experiencing, as you please.

1:30pm Movement Class

Choose from:

- Release Sitting Syndrome - Low Back, Hips, Legs, Feet
- Shine Through Strength & Sweat
- Shake Your Soul

During the entire day, feel free to explore the camp around you - the forest, the lake, whatever your heart desires.



WEEKEND GETAWAY 2019

SCHEDULE

SATURDAY, JUNE 1

3PM 4PM 5PM 6PM 7PM 8PM 9PM 10PM



This weekend is your opportunity to do whatever you want! During any free time (or at anytime!), do whatever calls you. Walk in nature, sit on the dock, swing on the swings, or relax in an Adirondack chair with your journal - it's up to you!



WEEKEND GETAWAY 2019

SCHEDULE

SUNDAY, JUNE 2

7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM
	8-9:30am Breakfast				12-1:30pm Lunch				Return Home Renewed & Rising!
	8-9:30am Rise Marketplace Open in the Dining Hall			11am-1:30pm Rise Marketplace Open in the Dining Hall					
7am Movement Class						1pm Movement Class		2:30pm Closing Experience	
Choose from: <input type="radio"/> Roll Away Tension - Head, Neck, Shoulders Release <input type="radio"/> intenSati <input type="radio"/> Sound Healing Meditation						Choose from: <input type="radio"/> Forest Yoga <input type="radio"/> Somatic Strength Movement <input type="radio"/> Release Sitting Syndrome - Low Back, Hips, Legs, Feet <input type="radio"/> intenSati			
			9:30pm (90 min) Workshop 4: FILL IN YOUR WORKSHOP						
				11am Rest(oration) Time					
						1pm Rest(oration) Time, Lake Activities Do what you desire! - Rest, play, connect, move more, anything or nothing!			

Don't forget to check out the Rise Marketplace today! Open in the Dining Hall during the times marked above.