



Rise Gatherings
2021 WEEKEND GETAWAY

Bring your mat, journal and pen to everything!

FRIDAY, SEPT 24

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

Arrive at
Your Weekend!

2-3:30pm Lake Open

1:30-4pm
Treatment Sessions

2:30-3:30pm
Movement
Class

- Choose from:
- Shine Through Strength & Sweat
 - Yoga for Everyone
 - RAD Rolling

4pm
Weekend
Kick Off at
the Lake
Front

- Drum Circle
- Conscious Breathwork
- Qoya

5-6:30pm
Dinner

6:30pm
Opening
Circles

8-9pm
Movement
Class

- RAD Rolling

9:15pm
Sound
Bath

8-9pm
Campfire &
Jam Session

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

1-4pm Arrival Activities

Crafting with Harvest Happy

Body Painting

Camp Tours - Meet @Rise
Central at 1:30 or 2:30pm

Enjoy our arrival activities, land at the lake, book a treatment, wander the camp, unpack & make new friends. The time is yours!



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SATURDAY, SEPT 25

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

8-9:30am
Breakfast

**7-8am
Movement
Class**

- Choose from:
- Shine Through Strength & Sweat
 - Yummy Yoga
 - Forest Walk
 - RAD Rolling
 - Qoya

**7-9am
Treatment Sessions**

**9:30am (2 hours)
Workshop 1:**

FILL IN YOUR WORKSHOP

12-1:30pm Lunch

1:30-3pm
Rest(oration) Time - Digest all
you're experiencing in whatever
way you want.

1:30-3pm Lake Open for
Water Activities

**1:30-2:30pm
Movement
Class**

- Choose from:
- RAD Rolling
 - Shine Through Strength & Sweat
 - Shake Your Soul
 - Aqua Om Paddle
 - Drum Circle
 - Grief Yoga
 - Sound Healing Meditation

**12:30-3pm
Treatment Sessions**

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



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SATURDAY, SEPT 25

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

3pm (2 hours)
Workshop 2:

FILL IN YOUR WORKSHOP

6-7:30pm
Dinner

8-9pm
This is Me
Celebration

9-10pm
Campfire

5-6pm
Treatment
Sessions

7-8pm
Treatment
Sessions

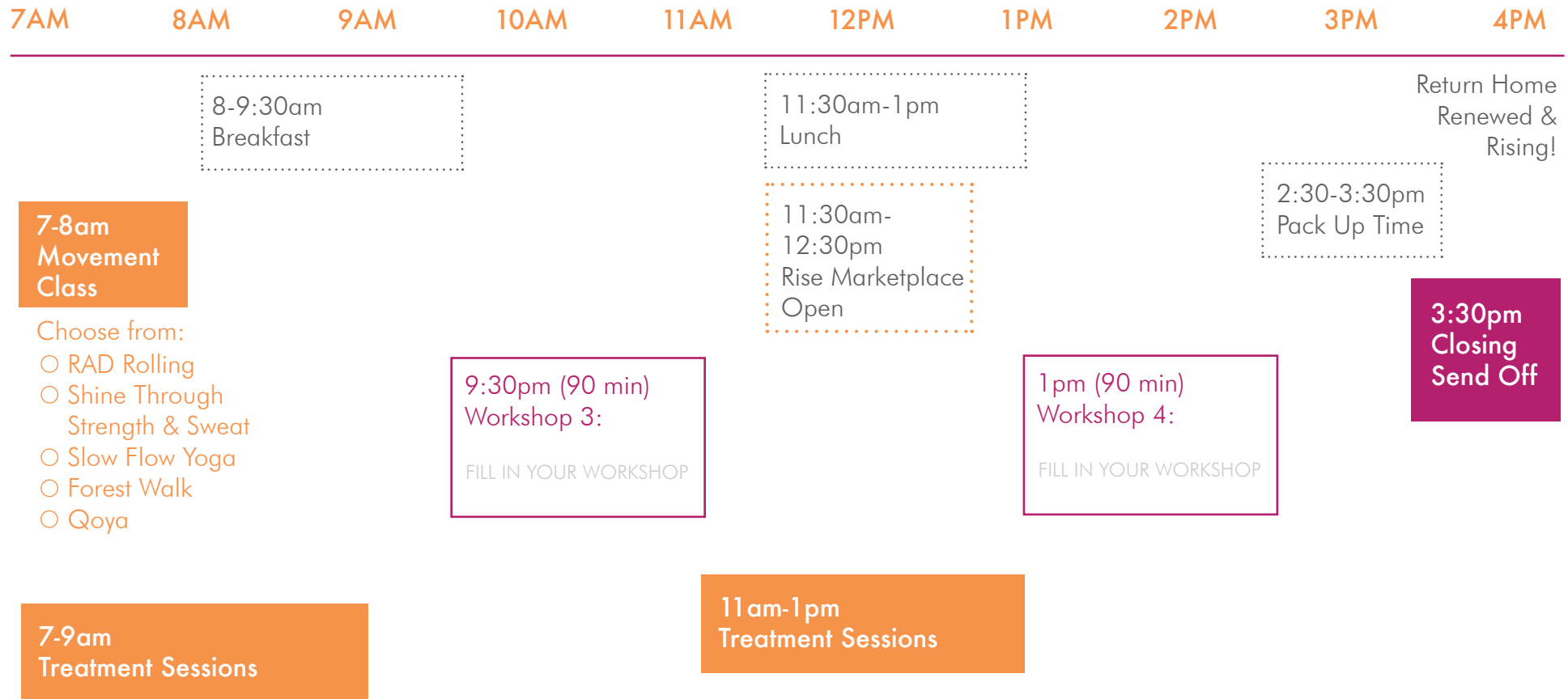
This weekend is your opportunity to do whatever you want! During any free time (or at anytime!), do whatever calls you. Walk in nature, sit on the dock, swing on the swings, or relax in an Adirondack chair with your journal - it's up to you!



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SUNDAY, SEPT 26



Reflect on how you will take home your connections - with yourself, others and nature.