



Daily Itinerary

Friday, October 1st

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| 4:30-6:00 pm | Check-in, Unpack and Unwind |
| 6:00-7:00 | Happy Hour in the Bar/Lounge |
| 7:00-8:00 | Welcome Dinner in the Dining Room |
| 8:00-9:30 | Opening Activities and Bonfire – Meet in the Yoga Studio |

Saturday Morning

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| 8:00-9:00 am | Breakfast in the Dining Room |
| 9:00-11:00 | Storyboarding Workshop #1: Inherited Stories and Limiting Beliefs
Meet in the Living Room |
| 11:00-12:15 | Yoga Break on the Deck (weather permitting)
Meet in the Yoga Studio |

Saturday Afternoon

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| 12:30-1:30 pm | Lunch – Pick up in the dining room and take to a cozy place outside |
| 1:30-3:00 | Rest & Relaxation |
| 3:00-5:00 | Storyboarding Workshop #2: Your Shero Archetypes, Superpowers and Power Words 1 Meet in the Living Room |
| 5:00-5:30 | Nia Dance Break in the Yoga Studio |
| 5:30-6:30 | R & R |
| 6:30-7:30 | Dinner in the Dining Room |
| 8:00-9:30 | Costume Ball in the Yoga Room |

Sunday, 10/3

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| 8:00-8:30 | Snacks and Coffee in the Dining Room |
| 8:30-9:30 | Guided Vision Walk on the Grounds and Cemetery |
| 9:30-11:00 | Storyboarding Workshop #3: Creating an Empowered Vision Meet in the Living Room |
| 11:00-12:00 pm | Brunch in the Dining Room |
| 12:00 | Closing Ceremony – Meet in the Yoga Room |
| 12:30-1:00 | Pack Up and Say Good-bye! |