

Women's Weekend - Sample Schedule

***Please note that each year the schedule is altered slightly to offer a variety of experiences for returning participants*

Friday

- 4:00 Check-in
- 6:00 Dinner
- 7:15 Mixer
- 8:00 Campfire and Sing-a-long

Saturday

- 7:00 Morning Meditation
- 8:00 Breakfast
- 9:00 Morning Activity
 - Paddle North Canoe
 - Bake a Cake over a Fire
- 11:00 Tea Time
- 12:30 Lunch
- 2:00 Afternoon Activity
 - Wild Edible Walk
 - Yoga
- 3:30 To Boulder Junction Bike, Walk or Ride for a Gallery Visit (4:15pm – 5:15pm)
- 6:00 Dinner
- 7:15 Evening Activity
 - Book Share and Special Craft (Collage Picture Frame)

Sunday

- 7:00 Morning Meditation and Yoga
- 8:00 Breakfast
- 9:00 Morning Activity
 - Challenge Course
- 11:00 Tea
- 12:30 Lunch
- 2:00 Depart