



Sept 23 - 25, 2022

Bristol, WI

FRI 6 pm meet + greet mocktail hour
 7 pm dinner
 8 pm intention setting

SAT 8 am breakfast
 8.30 am goal setting
 9.15 am depart for yoga studio
 10 am mindfulness session
 12.30 pm lunch
 1.30 pm nature time
 3 pm craft activity | affirmation bags
 4 pm reflection time – read, journal, connect
 5 pm activity | note to self
 6 pm dinner
 7 pm sharing circle
 8 pm bowl burn

SUN 8 am breakfast
 9 am closing reflection
 10 am depart