

RETURN TO LIFE WOMEN'S RETREAT *Schedule*

October 18-21, 2026 | Sowilo, Cambridge, NY

SUNDAY, OCT. 18 — DAY 1: ARRIVAL & ACQUAINTANCE

3:00 pm	Arrival: Gather at the Main Lodge and explore the grounds
3:00-5:00 pm	Check-In: Settle into accommodations
5:30-7:00 pm	Dinner: Fresh, organic dinner served in the Main Lodge
7:30-8:30 pm	Opening Circle & Intention Setting: Welcome and introductions

MONDAY, OCT. 19 — DAY 2: ADVENTURE & RELAXATION

8:30-9:15 am	Pilates Session: All-levels mat Pilates class
9:00 am	Main Dining Area opens
9:30-10:30 am	Breakfast: Fresh, organic breakfast served in the Main Lodge
10:45-11:30 am	Group Hike: Guided hike on the property
12:00-5:30 pm	Wellness Block: • Optional On-site massage with Riley Welsh (<i>Wildflower Therapeutic Massage</i>) • Optional Detox Footbath with Wendy Bordwell (<i>B.Well Insights</i>) • On-site wellness circuits • Rest and integration time
6:00-7:30 pm	Dinner: Fresh, organic dinner served in the Main Lodge
8:00-9:00 pm	Group Activity: Evening meditation and journaling

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TUESDAY, OCT. 30 — DAY 3: SELF-DISCOVERY & REJUVENTATION

8:30-9:15 am	Yoga Session: All-levels gentle yoga class
9:00 am	Main Dining Area opens
9:30-10:30 am	Breakfast: Fresh, organic breakfast served in the Main Lodge
11:00-2:00 pm	Group Workshop: Visual Journaling, Guided creative workshop led by Irene Magee
2:30-5:30 pm	Wellness Block: • Optional On-site massage with Riley Welsh (<i>Wildflower Therapeutic Massage</i>) • Optional Detox Footbath with Wendy Bordwell (<i>B.Well Insights</i>) • On-site wellness circuits • Rest and integration time
6:00-7:30 pm	Dinner: Fresh, organic dinner served in the Main Lodge
8:00-9:00 pm	Group Activity: Evening sound bath

WEDNESDAY, OCT. 21 — DAY 4: RELAXATION & DEPARTURE

9:00-10:00 am	Breakfast: Fresh, organic breakfast served in the Main Lodge
10:30-11:00 am	Group Activity: Closing reflection
11:00 am	Departure: Check-out and heartfelt goodbyes — until next time