



WELLNESS RETREAT SCHEDULE

FRIDAY

5:00pm - *Optional* Colorado Springs pickup
6:30pm - Arrival (dinner not provided)
8:00pm - Opening campfire

SATURDAY

8:00am - Meditation
9:00am - Breakfast
10:00am - Yoga
11:00am - Cold Plunge
12:00pm - Lunch
1:00pm - Mindful hike
3:00pm - Canoeing, kayaking, swimming
4:00pm - Intuition Workshop
6:00pm - Dinner
8:00pm - Campfire
9:00pm - Free movement & dance

SUNDAY

8:00am - Meditation
9:00am - Breakfast
10:00am - Somatic breathwork
12:00pm - Lunch
1:00pm - High ropes course
1:00pm - Painting
3:30pm - Closing campfire
5:00pm - Departure
6:30pm - *Optional* Colorado Springs drop-off