

RETREAT SCHEDULE

DAY 1 - THURSDAY

- 5:00p Welcome
- 5:30p Run/Hike Workshop 1 - Introduction
- 7p Dinner

DAY 2 - FRIDAY

- 7:30-8a Breakfast
- 8:15-8:45a Meditation
- 9a-3p Run/Hike - Green Mountain
- 1-3p Lunch
- 4-5p Workshop 2 - Blue-Skies
- 5-5:30p Break
- 5:30-6:30p Workshop 3 - Motivation & Intentions
- 6:30p Dinner
- 7:30p Bonfire Q&A with Timothy

DAY 3 - SATURDAY

- 7:30-8a Breakfast
- 8:15-9:45a Workshop 4 - Mindful Running
- 10a-1p Run/Hike - Betasso Reserve
- 1p Lunch
- 2-3p Workshop 5 - Accepting Pain
- 3-4p Yoga
- 4-6:30p Break
- 6:30p Dinner

DAY 4 - SUNDAY

- 7:30-8a Breakfast
- 8:15-8:45a Meditation
- 9a-12:30p Run/Hike - Sanitas
- 12:30p Lunch
- 1:30-2:30p Workshop 6 - Balance & Emotions
- 2:30p Group Reflection & Good-Bye