

Thursday, October 1 | Arrival & Orientation

4 PM: Check-In 5 PM: Orientation 6-8 PM: Dinner

7:30 PM: Wellness Presentation: Intention Setting Evening Astrology: Fall Equinox

Friday, October 2 | Outdoor Adventure

7 AM: Morning Movement 8 AM: Wellness Presentation: The Earth Element

8:30-9:30 AM: Breakfast

11 AM: Hiking Adventure!

1–2 PM: Lunch

2 PM: Wellness Presentation: The POWer of Touch

2:30 PM: FREE TIME: Massage, Reiki Treatments, and Astrology Reading

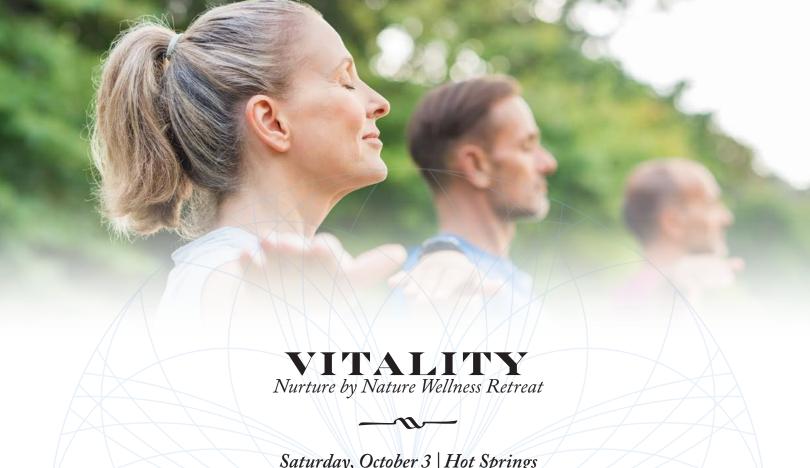
5:30 PM: Happy Hour 6:30 PM: Dinner

7:30 PM: Wellness Presentation: Guided Relaxation

Evening Astrology: Full Moon

Please note schedule may be subject to change. All Meals will be provided as a group with the exception of lunch on Sunday, please make a dining reservation and bring your lunch voucher for this meal.





Saturday, October 3 | Hot Springs

7 AM: Morning Movement 8 AM: Wellness Presentation: The Water Element 8:30-9:30 AM: Breakfast

10 AM: Hot Sulfur Springs! Boxed Lunches provided 2:30 PM: FREE TIME: Massage, Reiki Treatments, and Astrology Reading 5:30 PM: Happy Hour 6:30 PM: Dinner

> 7:30 PM: Wellness Presentation: The POWer of Silence 8:30 PM: Evening Astrology: Star-gazing

Sunday, October 4 | Depart

7 AM: Morning Movement 8:30-9:30 AM: Breakfast 9:30-10:30 AM: Closing Circle - The POWer of Retreat 11 AM: Check Out of Room Lunch at Your Leisure

Please note schedule may be subject to change. All Meals will be provided as a group with the exception of lunch on Sunday, please make a dining reservation and bring your lunch voucher for this meal.

