

# *A Weekend of Self-Care*

## *Retreat Schedule*

### *Friday, May 25*

3:00-4:00 Check-in  
4:30-5:30 Yoga - Gloria  
5:30-6:15 Dinner  
6:30-7:30 Opening Circle - Gloria, Shari and Rosalyn

### *Saturday, May 26*

7:00-8:00 Yoga - Gloria  
8:00-8:45 Breakfast  
11:00-12:00 Meditation in Nature - Gloria  
12:15-1:00 Lunch  
1:00-4:30 Quiet time, bodywork and massage by appointment  
4:30-5:30 Yoga - Gloria  
5:30-6:15 Dinner  
7:00-8:15 Essential Oils 101 - Gloria

### *Sunday, May 27*

7:00-8:00 Yoga - Gloria  
8:00-8:45 Breakfast  
9:00-10:00 Intro to Meditation and Sacred Art - Rosalyn  
12:15-1:00 Lunch  
1:00-4:30 Quiet time, bodywork and massage by appointment  
4:30-5:30 Yoga - Gloria  
5:30-6:15 Dinner

### *Monday, May 28*

7:00-8:00 Yoga - Gloria  
8:00-8:45 Breakfast  
9:00-10:00 Meditation and Closing Circle - Gloria & available staff  
11:00 Check out