

# Friday Schedule

August 15

## Gather Tent

- 3:00-4:30 OPENING CIRCLE  
with Claire and Adrienne
- 4:30-5:00 GROW WILD TOUR  
with Grow Wild Team
- 6:00-9:30 NIGHT MARKET & LIVE MUSIC

## The Burrow

- 6:30-7:45 RESTORATIVE YOGA & SOUND  
with Sarah
- 8:00-9:00 YOGA NIDRA  
with Kristyn Rose

## Nourish Tent

- 5:30-6:30 CASUAL DINNER
- 7:00-8:00 TRANQUIL HYPNOSIS  
with Kat

## Ceremony Woods

- 6:30-7:30 FLOW INTO THE UNKNOWN YOGA  
with Fiji
- 7:45-8:45 ROOT TO RISE YOGA  
with Fiji



# Saturday Schedule

August 16



## Gather Tent

- 8:00-10:00 AYRUVEDIC COOKING  
with Sarada
- 10:30-11:30 LAUGHTER YOGA  
with Mel
- 12:00-2:00 HERBAL SALVE MAKING  
with Rachel
- 2:30-4:30 AGING IS BEAUTIFUL  
with Ali

## Ceremony Woods

- 8:00-9:00 SONGS OF THE WOMB  
with Ocian
- 10:00-11:00 PILLARS OF HEALTH  
with Steph
- 12:00-2:00 JOURNEY WITH MUGWORT  
with Jenna & Megan
- 2:30-3:30 A CORE AWAKENING YOGA  
with Melissa
- 4:00-5:00 MEDITATION FOR CAREGIVERS  
with Cassi

## The Burrow

- 8:00-10:00 TEA CEREMONY  
with Trista
- 10:30-11:30 ACUPUNCTURE AND SOUND  
with Rachel and Jen
- 12:00-3:00 FOUNDATIONS OF TOUCH  
with Krystel
- 3:30-5:30 CONSCIOUS, CONNECTED  
BREATHWORK  
with Kyla
- 7:30-9:30 YOGA NIDRA  
with Kristyn Rose

## Nourish Tent

- 8:00-9:30 UNDERSTANDING  
PERIMENOPAUSE  
with Dr. Sara
- 10:30-12:30 OPEN BRUNCH
- 6:00-8:00 GROUP DINNER

## The Farmhouse

- 9:00-11:00 INTRODUCTION TO CANNING  
with Kim & Adrienne

## The Back Forest

- 8:00-11:00 SURVIVAL SKILLS  
with Renee
- 11:30-1:00 MENSTRUAL MAGIC  
WORKSHOP  
with Kat
- 1:30-3:30 SILENT REFUGE TIME AND  
ACOUSTIC MUSIC  
with Ru Rose
- 3:00-4:00 COURAGEOUS POSSIBILITY  
with Mel
- 7:30-9:00 SOUND BATH  
with Ocian

## The Dock

- 8:00-9:30 BLOSSOM OPEN QIGONG  
with Zoe
- 10:00-11:45 A CORE AWAKENING YOGA  
with Melissa
- 12:00-2:00 BREATHWORK AND DANCE  
with Hayley
- 2:30-3:30 YOGA FOR SELF-CARE  
with Michelle
- 4:00-5:00 HATHA YOGA  
with Bianca

# Sunday Schedule

August 17

## Gather Tent

- 8:30-9:30 HATHA YOGA  
With Bianca
- 12:15-1:15 CLOSING CEREMONY

## The Burrow

- 8:30-9:30 YOGA ACUPUNCTURE & SOUND  
with Rachel & Jen
- 10:00-11:00 MEDITATION FOR CAREGIVERS  
with Cassi

## Ceremony Woods

- 8:30-10:00 YOGA FOR SELF-CARE  
with Michelle

## The Old Pond

- 8:30-10:30 TEA CEREMONY  
with Trista

## Nourish Tent

- 8:30-10:30 CREATE YOUR OWN MALA  
With Bonnie
- 11:00 -12:00 BRUNCH

## The Dock

- 8:30-10:00 BLOSSOM OPEN QIGONG  
With Zoe

## The Back Forest

- 8:00-10:30 SILENT REFUGE TIME AND  
ACOUSTIC MUSIC  
with Ru Rose

## The Farmhouse

- 8:30-10:30 INTRODUCTION TO CANNING  
with Kim & Adrienne

