

Saturday Schedule

August 1

Gather Tent

- 3:00-4:30 OPENING CIRCLE
with Claire and Adrienne
- 4:30-5:00 GROW WILD TOUR
with Grow Wild Team

The Burrow

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

Nourish Tent

- 5:00-6:00 CASUAL DINNER
- 7:00-8:30 CELEBRATING THE
NEURODIVERGENT WOMAN
With Mary

Ceremony Woods

- 6:00-7:15 PERMISSION TO PLAY
with Kendra
- 7:30-8:30 ROOT TO RISE YOGA
with Fiji

The Old Pond

- 6:30-8:30 BREATHWORK JOURNEY
with Danielle

The Dock

- 6:30-8:30 HONOURING WATER:
A SOUND JOURNEY
with Shireen



Sunday Schedule

August 2



Gather Tent

- 9:45-11:00 PERMISSION TO PLAY
with Kendra
- 11:30-1:30 TEA CEREMONY
with Alicia
- 2:00-3:00 LYMPHATIC DRAINAGE AND
RADIANCE
with Ali
- 6:30-9:00 NIGHT MARKET & LIVE MUSIC

Ceremony Woods

- 9:30-11:30 ANCHOR AND ALCHEMY: A
TEA RITUAL FOR DIVINE
REMEMBRANCE
with Danae
- 3:00-4:00 SACRED BOOTY BASS
DANCE PARTY
with DJ Peach
- 4:00-5:00 UNOUTCASTED
with Tarea

The Burrow

- 8:00-10:00 ACUPUNCTURE AND SOUND
with Rachel and Jen
- 10:30-12:00 JIVAMUKTI YOGA with Jonni-Lynn
- 12:30-2:-00 SPINAL ENERGETICS GROUP
HEALING with Krystel and
Bronwen
- 4:30-5:45 CHANTING & MOVEMENT with
Jonni-Lynn
- 7:30-9:00 NOURISH & NIDRA
with Nicole

Nourish Tent

- 8:00-9:30 PUSSY CONCIOUSNESS
with Tarea
- 11:00-12:00 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 WILD & GROUNDED:
OUTDOOR WOMEN'S
EXPERIENCE
with Renee
- 12:00-8:00 SILENT REFUGE TIME

The Dock

- 8:00-9:30 MORNING YOGA & SOUND with
Sarah
- 10:00-11:30 WOMB AWAKENING
CEREMONY
with Charlie

The Old Pond

- 9:30-11:30 BREATHWORK JOURNEY
with Danielle
- 12:00-3:00 FULL MOON DANCE AND
BREATHWORK JOURNEY
with Hayley

Monday Schedule

August 3

Gather Tent

- 8:00-9:30 TEA CEREMONY
with Alicia
- 11:30-1:00 CLOSING CEREMONY

The Burrow

- 8:30-10:30 YOGA ACUPUNCTURE & SOUND
with Rachel & Jen

Ceremony Woods

- 8:30-10:00 MOON CIRCLE & MEDITATION
with Breanna

The Old Pond

- 8:30-10:30 SPINAL ENERGETICS GROUP
HEALING
with Krystel and Bronwen

Nourish Tent

- 8:00-9:30 CELEBRATING THE
NEURODIVERGENT WOMAN
With Mary
- 10:30-11:30 BRUNCH

The Dock

- 8:15-9:30 LYMPHATIC DRAINAGE AND
RADIANCE
with Ali

The Back Forest

- 7:00-10:00 SILENT REFUGE TIME

