

WOMEN'S WELLNESS FALL RETREAT 2018

OCTOBER 19th-21st

SCHEDULE OF ACTIVITIES

FRIDAY – October 19th

5PM-7PM CHECK-IN: ELJABAR DINNING HALL

6PM-9PM WINE TASTING AND HORS D'OEUVRES AT ELJABAR DINING HALL

Enjoy music and a warm fireplace while making new friends.

SATURDAY – October 20th

7AM MORNING RUN DEPARTING FROM BASKETBALL COURTS

8:00 AM BREAKFAST AT THE HAY CENTER

9:15 AM 10:15 AM ACTIVITY PERIOD 1

- GUIDED NATURE HIKE DEPARTING FROM BASKETBALL COURTS
- CANOEING (WEATHER DEPENDENT)
- CLIMBING AT THE ELJABAR CLIMBING TOWER
- ARCHERY AT THE ELJABAR ARCHERY RANGE
- YOGA WITH PINAR AT WATERFRONT OR LODGE 2*
- ZUMBA WITH ERIKA AT THE ELJABAR DINNING HALL
- 1 HOUR HORSEBACK RIDE WITH JESSICA AT THE RANCH - \$40 ADDITIONAL FEE (WEATHER DEPENDENT)
- Additional Rainy Day Options: Adult Coloring, Reading, Social/Game Time IN ARTS & CRAFTS ROOM

10:30 12:00 PM ACTIVITY PERIOD 2

- AROMATHERAPY WITH NAFISA AT LODGE 4
- MINDFUL LIVING AND STRESS REDUCTION WORKSHOP WITH HEATHER AT LODGE 2*
- 1 HOUR HORSEBACK RIDE WITH JESSICA AT THE RANCH - \$40 ADDITIONAL FEE (WEATHER DEPENDENT)

12:15 PM LUNCH AT ELJABAR DINING HALL

1:30 - 3:00 PM ACTIVITY PERIOD 3

- AROMATHERAPY WITH NAFISA AT LODGE 4
- PAINT & SIP WITH JANNA AT ELJABAR DINING HALL
- MINDFUL LIVING AND STRESS REDUCTION WORKSHOP WITH HEATHER AT LODGE 2*
- 1 HOUR HORSEBACK RIDE WITH JESSICA AT THE RANCH - \$40 ADDITIONAL FEE (WEATHER DEPENDENT)

3:15 -4:15 PM ACTIVITY PERIOD 4

- GUIDED NATURE HIKE DEPARTING FROM THE BASKETBALL COURTS
- SAILING (WEATHER DEPENDENT)
- CLIMBING AT THE ELJABAR CLIMBING TOWER
- ARCHERY AT THE ELJABAR ARCHERY RANGE
- YOGA WITH PINAR AT WATERFRONT OR LODGE 2*
- ZUMBA WITH ERIKA AT THE ELJABAR DINNING HALL
- 1 HOUR HORSEBACK RIDE WITH JESSICA AT THE RANCH - \$40 ADDITIONAL FEE (WEATHER DEPENDENT)
- Additional Rainy Day Options: Adult Coloring, Reading, Social/Game Time IN ARTS & CRAFTS ROOM

4:30-6:00 PM ACTIVITY PERIOD 5

- AROMATHERAPY WITH NAFISA AT LODGE 4
- PAINT & SIP WITH JANNA AT ELJABAR DINING HALL
- MINDFUL LIVING AND STRESS REDUCTION WORKSHOP WITH HEATHER AT LODGE 2*

6: 15 PM DINNER AT THE ELJABAR DINNING HALL

7:30 PM EVENING ACTIVITIES

- ZUMBA DANCE PARTY AT DINING HALL
- CAMP FIRE AND S'MORE'S or ELJABAR DINING HALL FIREPLACE (WEATHER DEPENDENT)

SUNDAY – October 21st

7AM MORNING RUN DEPARTING FROM BASKETBALL COURTS

8:00 AM BREAKFAST AT THE ELJABAR DINING HALL

9:15 AM-10:15 AM ACTIVITY PERIOD 6

- GUIDED NATURE HIKE DEPARTING FROM THE BASKETBALL COURTS
- YOGA WITH PINAR AT LODGE 2*
- ZUMBA WITH ERIKA AT THE ELJABR DINNING HALL
- REFLECTION AND MEDITATION WITH HEATHER AT LODGE 4*

10:30 AM-11:30 AM ACTIVITY PERIOD 7

- GUIDED NATURE HIKE DEPARTING FROM THE BASKETBALL COURTS
- YOGA WITH PINAR AT LODGE 2*
- ZUMBA WITH ERIKA AT THE ELJABR DINNING HALL
- REFLECTION AND MEDITATION WITH HEATHER AT LODGE 4*
- ENJOY THE SIGHTS AND PACK BEFORE LUNCH ON THE GO

12: 00 PM LUNCH AT THE ELJABAR DINNING HALL (GRAB AND GO WILL BE AVAILABLE AT 11AM)

*PLEASE BRING A YOGA MAT WITH YOU (AND PROPS, SUCH AS A PILLOW OR BLANKET, IF YOU WILL BE MORE COMFORTABLE). YOU WILL NEED A MAT FOR YOGA AND MAY CHOOSE TO USE FOR MEDITATION.

- CLASS LOCATIONS SUBJECT TO CHANGE. ANY CHANGES WILL BE ANNOUNCED DURING MEALS.
- ALL OUTDOOR ACTIVITIES ARE WEATHER DEPENDENT

Packing List

- 2 Sheets/Blanket or Sleeping Bag
- Pillow & Case
- Pajamas
- 1-2 Pairs of Shorts (seasonal)
- 2-3 Pairs Long Pants
- 3-4 Shirts
- 2 Sweatshirts or Sweaters
- Changes of Underwear
- Several Pair of Socks
- Thermal Underwear (seasonal)
- Hat and Scarf (seasonal)
- Gloves or Mittens (seasonal)
- Sneakers & Boots
- Laundry Bag/Plastic Bag
- Medication (must be given to nurse)
- 1 Towel
- 1 Washcloth
- Toothbrush and Paste
- Comb
- Soap (in plastic container or soap dish)
- Insect Repellent
- Tissues, Chapstick, Sunscreen etc....
- Flashlight