

Winter Rest Retreat Schedule

Friday

Time	Activity	Location
2:00 – 3:30 pm	Arrive	Aldermarsh
4:00 pm	Restorative Yoga	Yoga Room
6:00 pm	Dinner	Dining Room
7:15 pm	Evening Circle & Sound Bath with Hands-on Reiki	Yoga Room

Saturday

Time	Activity	Location
7:30 am	Guided Meditation & Mindful Movement	Yoga Room
8:00 am	Breakfast	Dining Room
10:00 am	Gentle Yoga	Yoga Room
12:00 pm	Lunch	Dining Room
1:00 – 4:00 pm	Free Time with Optional Sauna	
4:00 pm	Restorative Yoga	Yoga Room
6:00 pm	Dinner	Dining Room

Sunday

Time	Activity	Location
7:30 am	Guided Meditation & Mindful Movement	Yoga Room
8:00 am	Coffee/Tea/Snack	Dining Room
8:30 am	Gentle Yoga & Closing Circle	Yoga Room
10:30 am	Brunch	Dining Room
12:00 pm	Depart	