

Itinerary

Spring Break - Raw Food Retreat

March 21st-24th, 2013

**All activities are optional.

** Feel free to arrive any time after 2:00 pm – get settled in, explore the grounds

Thursday

4:00 pm– 4:30 pm - **Meet and Greet/Tea Time** - get to know other retreat participants and sample our wide variety of organic, loose leaf herbal tea. Meet your hosts and hostesses. Meet your Yoga Instructor and Massage Therapist and Reflexology expert. *Lodge Kitchen

4:30 pm -5:15 pm – **Opening Activities** - *Lodge Gathering Room

5:15 pm– 6:30 pm– **Free time** – (explore, hot tub, hike, nap, relax, read, meditate)

6:30 pm– 7:30 pm– **Dinner**

8:00 pm – **Movie** – (or relax, read, darts, games, get to know one another) –
*LodgeGathering Room

Friday

****Massage will be available this afternoon – sign up.**

9:00 am – 10:00 am - **Breakfast** – DIY '*Pick Your Passion!*' - Each morning you can choose to make your own fresh pressed fruit/veggie juice, wheatgrass juice, orange juice, blend your own nut milk, or make your own raw winter cereal. Your hosts will be available to assist you in the use of equipment and to answer questions. *Lodge Kitchen

10:15 am – 11:00 pm – **Raw Food prep class** - *Kitchen

11:30 am – 12:45 am – **Yoga with Peggy** - Peggy Donahue/PachaMama has been practicing yoga for more than 35 years! She teaches Hatha and Kundalini style yoga and was certified at the Shoshoni Ashram in Rollinsville, Colorado. Peggy will gently guide beginners and take experienced students to 'the edge'. *Lodge Gathering Room

1:00 pm – 2:00 pm – **Lunch**

2:00 pm – 3:00 – **Free Time / Group Hike** – (hot tub, read, nap, meditate)
*Meet in the lodge office if you want to join the hike.

3:30 pm - 5:30 pm – **Creative Expression** - **Lodge Gathering Room*

5:30 pm – 6:00 pm – **TBA** - **Lodge Gathering Room*

6:30 pm – 7:30 pm - **Dinner**

8:00 pm – **Lotions and Potions** – tips and recipes for homemade raw facials, body scrubs, lotions, hair treatments and more. We'll give ourselves a night time facial for a gorgeous raw glow. **Lodge Gathering Room*

Saturday

****Reflexology will be available this afternoon – sign up.**

9:00 am – 10:00 am – **Breakfast** – DIY 'Pick Your Passion!' (with guidance)

10:15 am – 11:00am – **Raw Food prep class** - **kitchen*

11:30 am– 12:45 am – **Yoga with Peggy** – **Lodge Gathering Room*

1:00 pm – 2:00 pm– **Lunch**

2:00 pm – 2:30 pm – **Cat's Sprouting Tips** - **Lodge Gathering Room*

2:30 pm– 4:00 pm – **Free Time / Group**

4:00 pm– 5:30 pm – **Creative Expression**

5:30 pm – **TBA**

6:30 pm - 7:30 pm – **Dinner**

8:00 pm - **TBA** **Lodge Gathering Room*

Sunday

9:00 am– 10:00 am – **Breakfast** – DIY - 'Pick Your Passion' **Lodge Kitchen*

11:00 am– **Wrap up Discussion** – 'How to live a Healthy Balanced lifestyle in the real world'. Reflect. Ask Questions. Give Feedback. **Lodge Gathering Room*

Sign up for special activities:

****Massage** - Receive a 60 minute full body massage (\$60) or 30 minute chair massage (\$30) from Mary Hunter. Mary is a Clinical Herbalist, RN, Nutritional Counselor and Nationally Certified Massage Therapist. For more info visit www.HealthyBeAttitudes.com

**** Reflexology** – 60 minute session - \$60 or 30 minutes for \$30. Rebecca Louzan is certified in Foot Massage with Reflexology to compliment her wellness practice, and she is training under Maruti Seidman in Polarity Balancing therapy. She approaches wellness with the belief that each individual is naturally drawn to the practice that suits his or her needs for the given time. Rebecca has also studied Classical Hatha yoga with an Ayurvedic approach at the Rocky Mountain Institute of Yoga and Ayurveda. For more info visit www.BalancedHealingYoga.com