



SPRING 2021 SESSION ONE

Wednesday, June 2nd – Sunday, June 6th

WEDNESDAY, JUNE 2	time	location
Registration	2:00 pm - 5:00 pm	Longhouse (#78)
Gentle Stretch Yoga	4:00 pm - 5:15 pm	Deep Dining (#67)
Late Registration	5:00 pm - 9:00 pm	Rockywold Office (#22)
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall (#23)
Opening Ceremony	8:00 pm - 9:00 pm	Longhouse (#78)

THURSDAY, JUNE 3	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Classes	9:00 am - 12:00 pm	
Lunch	12:15 pm - 1:15pm	Rockywold Dining Hall
Classes	1:30 pm - 3:30 pm	
Gentle Stretch Yoga	4:30 pm - 5:30 pm	Deep Dining
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
Ayurveda Intro	7:30 pm - 8:30 pm	Deep Dining

FRIDAY, JUNE 4	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Classes	9:00 am - 12:00 pm	
Lunch	12:15 pm - 1:15 pm	Rockywold Dining Hall
Classes	1:30 pm - 3:30 pm	
Gentle Stretch Yoga	4:30 pm - 5:30 pm	Deep Dining
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
BINGO	7:30 pm - 8:30 pm	Deep Dining

SATURDAY, JUNE 5	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Play & Explore	all day	<i>Extras, Hike, Kayak, Swim, Relax...</i>
Ayurveda for You	9:15 am - 10:15 am	Deep Dining
MARKETPLACE	11:00 am - 12:00 pm	Deep Dining
Lunch	12:15 pm - 1:15 pm	Rockywold Dining Hall
GROUP PHOTO	1:30 - SHARP	Outside Rock Dining
Yoga with Michelle	4:00 pm - 5:45 pm	Deep Dining
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
Closing Ceremony	8:00 pm - 9:00 pm	Longhouse

SUNDAY, JUNE 6	time	location
Breakfast	7:30 am - 9:00 am	Rockywold Dining Hall
Check out	11:00 am	



SPRING 2020 :: FULL WEEK SCHEDULE

Wednesday, June 3rd – Tuesday, June 9th

SUNDAY, JUNE 7	time	location
Breakfast	7:30 am - 9:00 am	Rockywold Dining Hall (#23)
Pontoon Boat Ride	10:00 am - 11:00 am	Main Dock
Lunch	12:15 pm - 1:15 pm	Rockywold Office (#22)
Mini Mystic Workshop	2:00 pm - 4:30 pm	*tba*
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
Evening Event	8:00 pm - 9:00 pm	*tba*

MONDAY, JUNE 8	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Mini Mystic Workshop	9:00 am - 12:00 pm	*tba*
Lunch	12:15 pm - 1:15pm	Rockywold Dining Hall
Extras	afternoon	*tba*
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
Bonfire	7:30 pm - 9:00 pm	Playhouse

TUESDAY, JUNE 9	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Check out	11:00 am	

Our intention for the Full Week is that this beautiful setting will inform our time together so that we are wrapped in a sensation of spaciousness, fluidity and ease.

The Full Week retreat will include:

- a mini Into the Mystic workshop with Elizabeth Duvivier and Colleen Attara. In this mixed media class, Elizabeth and Colleen will be guiding you through a series of exercises and explorations that are designed to expand your sense of fun, your ideas about possibility and to make some wonderful work grounded in spirit, joy and personal expression.
- a pontoon boat tour of Squam Lake
- an open studio that will be available to you 24/7
- bonfire!
- yoga
- plus lots of extra goodies to be revealed

Mostly, this about stretching out and sinking in to the restorative energies in whatever way calls to you most.

au revoir Full Week Attendees!