



# SEPTEMBER 2023

Wednesday 13th - Sunday 17th

WEDNESDAY 13	time	location
Registration	2:00 pm - 5:00 pm	Longhouse (#78)
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	Playhouse (#48)

THURSDAY 14	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 - 5:45 pm	Sap House (#38)
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall
Evening Event	7:30 pm - 8:30 pm	Playhouse

FRIDAY 15	time	location
Gentle Stretch Yoga	7:00 am - 7:45 am	Sap House
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	
Dinner	6:30 pm - 7:00 pm	DEEPHAVEN DINING
Bonfire	8:00 pm - 9:00 pm	Fire pit

SATURDAY 16	time	location
Gentle Stretch Yoga	8:00 am - 8:45 am	Sap House
Breakfast	9:00 am - 10:00 am	Rockywold Dining Hall
Play & Explore	* ALL DAY *	hike, kayak, swim, relax
Lunch	12:30 pm - 1:30 pm	Deephaven Dining Hall
Group Photo	1:45 sharp	Deep Conference
MARKETPLACE	2:30 pm - 3:30 pm	Deephaven Dining Hall
Rest + Renew	* ALL DAY *	nap, knit, chat, sketch
	*no dinner service*	
Closing Ceremony	8:00 pm - 9:00 pm	Deep Dining

SUNDAY, 17	time	location
Breakfast	9:00 am - 10:00 am	Rockywold Dining Hall
Check out	11:00 am	

## NOTE:

There will be YOGA in Sap House (#38) 4:30pm - 5:15pm on Wednesday for anyone who wants to stretch a bit after your long travel.

Mats provided for all yoga classes.