

Renee & Karen will assist you in learning techniques to self-sooth, massage, and rehydrate tissues, learn new strategies to either maintain or progress toward a pain and stress-free life. You will gain tools to make selfcare a part of your daily routine and have an opportunity to head out on the river for a meditative kayak, canoe or hiking adventure.

## October Body and Soul Retreat Schedule

	Thursday 16 <sup>th</sup>	Friday 17 <sup>th</sup>	Saturday 18 <sup>th</sup>	Sunday 19 <sup>th</sup>	Monday 20 <sup>th</sup>
07:30		Love Thy Lymph  The pleasure of sheering tissues		Early Morning Booty/Core session	Checkout this morning! Please have your bags ready for pick up at your cottage by 10am
8:30		Cottage breakfast delivered	Lodge breakfast	Cottage breakfast delivered	Lodge breakfast
10:30		Sound Play Resonance, Rhythm, and Release	Five Finger Rapid tour or Paddle/hike	Hip Harmony Strong and supple Hips	9:30 Body Bingo & Live Classical Guitar
12:00		Free	Free	Free	Lunch to go!
12:30		Lunch	Lunch	Lunch	
1:30		Shoulders not Boulders Strong yet Soft	The Sound of Stillness and Breath  Forest journey for Body and Soul	Put your Best Foot Forward  Steps for happy, healthy feet	
4:00	Check In				
6:00	Social Hour	Social Hour	Social Hour	Social Hour	
7:00	Dinner	Dinner	Dinner	Dinner	
8:00	Find your Zen yoga/Sound bath		Rhythm and Rest A journey into Sound healing	Evening fire	