

SALT & SAND RETREAT & GRAND OPENING WEEKEND: Friday September 14th-Sunday September 16th.

Yoga, glass blowing, meditation, workshops plus Barns & Bridges and Grand Opening Celebration on Sunday

	Friday September 14th	Saturday September 15th	Sunday September 16th
7:00am		7-7:30am Outdoor Meditation Donation \$5	
8:00am	7:30-8 Meditation Donation \$5pp 8-9am Vinyasa Flow Drop-in \$15pp		7:30-8am Meditation (Outdoors) Donation \$5 8-9:15am Nourishment from Nature: Outdoor Yoga Drop-in \$15
9:00am			9:15-10am Sharing Circle (Donation \$5pp)
10:00am			
11:00am		10:30am-12:30pm Nurturing, + Nourishing the Senses Workshop \$35pp	
Noon	12-2:30pm Hearts & Flowers Glass Workshop (Barn); \$40pp	12-12:45pm Dharma Discussion - Donation \$5	11:30am-2pm Glass Workshop (Barn); \$40pp
1:00pm		1-2:30pm Nature Walk/Meditation Donation \$5pp	
2:00pm			
3:00pm		3-3:45pm Walking Meditation (Outdoors) Donation \$5pp	
4:00pm		4-6pm Make-your-own Jewellery workshop (Kitchen) \$20pp	3pm GRAND OPENING CELEBRATION CO-LOCATED with BARNs & BRDGES (Barn); FREE includes glass blowing demo, refreshments & Get-it-While-it's Hot Auction -Free--
5:00pm		4-6pm Pumpkins Glass Workshop, (Barn); \$40pp	
6:00pm	5:30-6:45pm SPA Yoga Drop-in \$15pp	6:00-7:15 pm Fluid Bliss & Yoga Nidra (Drop-in \$15pp)	
7:00pm			

Times & locations subject to change

Day Pass: \$50 includes all yoga and meditation + one workshop

Weekend pass: \$140 includes all yoga and meditation, 2 workshops

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