

Preliminary Nurture Your Nature 2019 Retreat Schedule

Friday	Saturday	Sunday
Check in & choose your cabin: Any time after 11:00 <i>Settle in, hike and relax</i>	Morning Meditation: 7-7:30	Morning Meditation: 7-7:30
	Yoga Practice: 7:45-9:00	Yoga Practice: 7:45-9:00
	Open Breakfast Bar Available 6-10 am	Open Breakfast Bar Available 6-10 am
Opening Circle 3-5:30	The Art of Being 10:15-12:45	The Art of Being 10:15-11:45 Closing Circle 11:45-12:45
Dinner 6 Restorative Yoga Practice & Yoga Nidra 7:30-8:30 <i>Enjoy the camp fire, starlight & amazing women</i>	Lunch: Open Soup and Salad Bar 1-2	Lunchy leftovers 1 pm ☺ Cabin Check out
	Free Time to BE! Dinner 6	
	Restorative Yoga Practice & Yoga Nidra <i>Enjoy the camp fire, starlight & amazing women</i>	

We suggest you bring the following items to support The Art of Being:

- Yoga mat, blanket and bolster (if available)
- comfortable clothing layers
- outdoor ground cloth
- a journal and a writing utensil
- water bottle and thermos (optional)
- seat cushion, blanket or camp chair for fire circle
- bath towel and consider a bath robe and flip flops for bathhouse floor
- a musical instrument if you desire
- earplugs for cabin
- dorm lights are off (except in bathhouse) after 10 pm, **so bring a flashlight**

