



Friday:

The intersection of good company, amazing food, private, customized workshops for improved wellness for your body, mind and spirit....Arrive between 3 - 5:30 pm - healthy snacks will be available

5:45 - 6:30 pm - Welcome & Guided Ice-Breaker & Mingling

6:30 -7:30 pm - Dinner

7:30 - 8:00 - Creative Flow (part 1 of Watercolor Workshop) - optional - all supplies provided

8:00 - Onward - Free time

Saturday:

Beach Sunrise Meditation - weather permitting (time TBD by Mother Nature) - optional

8:30 - 9:45 - Strength Training – why it matters, learn a circuit (optional)

10:00 - Breakfast

11 - 11:45 - Group Coaching – Life Wheels & Goal Setting (*optional)

11:45 - 1:00 - Free time (option for guided bike tour of Asbury Park and Ocean Grove)

1:00 - Lunch

1:00 - 3:00 - Free time (option for guided bike tour of Asbury Park and Ocean Grove)

3:00 - YOGA - 1 hour - gentle flow

4:30 - 5:30 Creative Flow (part 2) finish your watercolor masterpiece

5:30 - onwards - Free time -dinner on your own!

Sunday:

7:00 - 8:00 - Continental Breakfast available

9:00 - 10:00 - Final Group Activity - Beach Walk - Rock Toss & Meditation

10:30 - Brunch

11:00 - Wrap Up - Gratitude Circle & Closure