Woman’s Wilderness Retreat Itinerary

**(Friday)**  
  
3:00 PM - Arrival  
  
• Refreshments at the Lodge  
• Open Women’s Circle Ceremony: House rules, introductions, and an icebreaker activity  
  
4:00 PM - Team Building Exercise  
  
• Riddle to find out which bed you’re sleeping on (Attendees from Foleyet will assist)  
• Settle in and get comfortable  
• Circle Regroup: Bring your journal, pen, and a special item to reveal your zodiac  
  
5:30 PM - Dinner  
  
• Red Seal Catering (menu will be posted closer to retreat date, rest assured it will be delicious!)

6:30 PM - Fire Outside by the Water

(Circle regroup by fire)  
  
7:30 PM - Evening Activities  
  
• Scavenger Hunt (weather permitting) or Paint Activity  
• Enjoy a fudge bar and gourmet punch, with additional nutritional snacks available  
• Music Activity  
• Minute to Win It Games with prizes

9:00pm Close circle.

Woman’s Wilderness Retreat Itinerary

**(Saturday)**  
  
7:30-9AM - Breakfast  
  
9:00 AM - Open Circle  
  
• Morning stretch to prepare our bodies and minds  
  
9:30 AM – Team Building Activity  
  
10:00 AM - Regroup Circle  
  
10:30 AM - Nature Walk and Foraging/fishing if someone wants to try their hand at it.  
  
12:00 PM – Lunch (homemade soup & sandwiches)  
  
1:00 PM - Circle Regroup  
  
• Speaker session: Learn how to soothe your nervous system and tools to protect your energy  
• Guided visualization/meditation  
  
2:00 PM - Essential Oils Activity: Making a Smokeless Sage Spray  
  
3:00 PM - Smudge Teaching/ journaling exercise

(Break)   
  
5:00 PM – Supper (spaghetti dinner, creaser salad, garlic bread)

(Break)  
  
7:00 PM - Zodiac Party!  
  
• Learn about astrology and witchy ways  
• Discover who the planets say you are  
• Enjoy charcuterie and sparkling punch while crafting.  
• Candle making with crystals, charms, and stones for a beautiful keepsake  
  
9:30 PM - Close Circle for the Night  
  
  
Women’s Wilderness Retreat Itinerary

**(Sunday)**  
  
8:00 AM - Breakfast  
  
9:00 AM - Resume Circle  
  
• Chat about how we’re feeling  
• Stretch / Guided visualization  
  
-gratitude activity   
-paired activity  
  
10:00 AM - Wheel of Wellness Game  
  
• win a half hour massage treatment, a card reading or pedi soak and polish.  
  
12:00 PM - Appetizers & Refreshments  
  
1:00 PM - Closing Circle Ceremony.