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.