



The Inn on Quarry Glenn

January 19th ~ 21st

*"Art is a form of meditation...it's all about healthy living
and well-being."*

Weekend Retreat Itinerary

Friday, January 19th:

- 6:00 to 7:00 p.m. – arrival and check-in
- 7:00 to 9:00 p.m. – meet and greet and review of workshops
 - 7:00 – 8:00 – wine tasting with Grovedale Winery and appetizers

Saturday, January 20th:

- 7:00 to 9:00 a.m.
 - Breakfast
 - Choice of yoga, hiking, light/medium cardio session
- 9:15 to 11:15 a.m. ~ Workshops
- 11:15 a.m. to 12:00 p.m. ~ Break/Free time
- 12:00 to 1:00 p.m. ~ Lunch
- 1:00 to 3:00 p.m. ~ Workshops
- 3:15 to 5:15 p.m. ~ Workshops
- 5:15 to 6:15 p.m. ~ Break/Get ready for Dinner
- 6:30 to 8:00 p.m. ~ Dinner
- 8:00 to ? ~ Mingle/Wine/Movie Night

Sunday, January 21st:

- 7:00 to 9:00 a.m.
 - Breakfast
 - Choice of yoga, hiking, light/medium cardio session
- 9:00 to 11:30 a.m. ~ Workshops