

MINDFUL MOSAIC® WOMEN'S RETREAT ITINERARY

AURORA, NY

FRIDAY

3:00 - 6:30PM	CHECK IN AND FREE TIME
6:30 - 7:30 PM	CHAKRA INSPIRED DINNER
7:45 - 8:15 PM	WELCOME & ORIENTATION

SATURDAY

8:30 - 9:30 AM	BREAKFAST ON THE TERRACE
9:45 AM - 1:00 PM	MINDFUL MOSAIC WORKSHOP
1:00 - 2:00 PM	LUNCH
2:00 - 3:00 PM	OPTIONAL TEA BLENDING CLASS – sign up required
3:00 - 5:30 PM	BREAK/FREE TIME*
5:30 - 6:45 PM	CHAKRA OPENING YOGA
7:00 - 8:00 PM	CHAKRA INSPIRED DINNER
8:30 - 9:00 PM	MEDITATION

SUNDAY

8:30 - 9:30 AM	BREAKFAST ON THE TERRACE
9:45 AM - 1:30PM	MINDFUL MOSAIC WORKSHOP
1:30 - 2:30PM	LUNCH/FOOD DEMO – PALEO PIZZA PARTY
2:30 - 5:00 PM	BREAK/FREE TIME*
5:00 - 6:15 PM	CHAKRA OPENING YOGA
6:15 - 6:45 PM	MEDITATION
7:00 - 8:00 PM	CHAKRA INSPIRED DINNER
8:00 - 9:00 PM	CRYSTAL HEALING WORKSHOP

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MONDAY

7:30 - 8:30 AM	CHAKRA OPENING YOGA
8:30 - 9:30 AM	BREAKFAST + CHECKOUT
11:00 AM - 1:00 PM	MINDFUL MOSAIC WORKSHOP
1:00 - 2:00 PM	SOUND HEALING

* Activities available during free time - Bikes, SUP and kayaks. Potential to book your 1 included massage. Take an optional hands on creative class, such as spice blending or learn about Spring herbs. Use of Fitness Center. Enjoy the grounds and beautiful lake