

YOGA VENTURE

At Wilderness Adventure



FRIDAY: WELCOME

- 12:00pm: Check-in begins
- 4:00-5:00 PM: Gentle Vinyasa with Gary (LNU) (Pavilion)
- 4:00-5:00 PM: Nature Walk with Maggie Furrow (Pavilion)
- 5:30-6:30 PM: Wine Tasting, Kambucha, Appetizers on Side porch
- 5:00-8:00 PM: Dinner through The Outpost
- 8:30-9:30 PM: Opening Fire Ceremony w/ Cathy Cannon & Lindsey McKinnon

SATURDAY WORKSHOPS & CLASSES

- Breakfast: 7:00 - 9:00 AM (Outpost)
- 7:00 - 7:30 AM: Sunrise Offerings
 - Meditation with Harvey Murdoch (Garden)
- Lodge Sessions:
 - 9:15-10:00 AM
 - 10:15-11:00 AM
 - 11:15-12:00 PM
 - 2:15-3:00 PM
- 10:30-11:00 AM: Short Classes
 - Option A (Tent): Gentle Asana with Ash Rearick
 - Option B (Pavilion): The Elements (High-intensity movement) with Neda Adi & Haley Drewry
- 11:30-2:00 PM: Lunch from the Outpost
- 1:30-2:00 PM: Movement to Magic with Cathy Cannon
- 1:30-3:00 PM: Edible Plant Hike with Maggie Furrow
- 2:00-5:30 PM: Tubing on Craigs Creek (\$20, Outpost)
- 3:00-4:00 PM: Yin with Jen Hopper (Pavilion)
- 3:00-4:45 PM: Sound Sessions with Cheryl Murphy
 - 3:00 PM: 10 Person Max
 - 4:00 PM: 10 Person Max
- 3:15-4:15 PM: Kirtan or Chakra with Deb, Joy, & Harrilyn (Lodge)
- 5:00-6:30 PM: Salsa with Bonny Branch (Pavilion)

SATURDAY SERVICES

Service options (by appointment):

- Ionic Foot Baths (Ninette Carnavale)
- Astrology Readings (Lisa Wade)
- Massage Sessions (Heather Riddle)
- Thai Massage Sessions (Lela Jones)
- Somatic Healing (Martha Kastler)
- Tarot Readings (Jill Loftis)
- Reiki & Breathwork (Cathy Cannon)
- Grateful Threads & Fairy Hair (Heidi Bundy)
- Henna Tattoos (Heather Reynolds)

VENDORS

Earth & Sky Jewelry
"Luminous Moment" Charms
Kindred Soul Botanicals
A Little Bit Hippy
Harvest Broom Herbs Apothecary
Hustle Haven

SATURDAY EVENING

- 5:30-7:30 PM: Dinner from the Outpost
- 6:30-8:30 PM: Live Music with Holy River
- 9:00-10:00 PM: Bonfire & Dance Party



**WILDERNESS
ADVENTURE**
AT EAGLE LANDING

SUNDAY

- 7:30-8:00 AM: Sunrise Offering - Meditation with Antonio Stovall (The Garden)
- 8:30-10:00 AM: Jivamatki Yoga with Mary Brown
- 10:20-12:00 PM: Yoga & Closing
- 11:30-1:30 PM: Lunch from the Outpost