

Your Daily Schedule

Mindful Self Compassion with Megan Prager & Martin Thomson Jones

TIME	DAY 1 Sunday, May 24	DAY 2 Monday, May 25	DAY 3 Tuesday, May 26	DAY 4 Wednesday, May 27	DAY 5 Thursday, May 28	DAY 6 Friday, May 29	
7:00AM-8:00AM		Morning Yoga	Morning Yoga	Morning Yoga	Morning Harlequin Row 6:45-8:30am OR Morning Yoga		
8:30AM-9:30AM		Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
		Hollyhock Garden Tour 9:00-9:30am					
9:30AM-12:30PM		Morning Session	Morning Session	Morning Session	Morning Session		Morning Session (ends early)
12:30PM-1:30PM		Lunch	Lunch	Lunch	Lunch		Lunch (early) 12-1pm
3:00PM-6:00PM		Afternoon Session	Afternoon Session	Afternoon Off 1:30 - 4p Guided nature hike 1:30 - 5:30p Kayak Paddle* 1:30 - 6:30p Cruise*	Afternoon Session		
6:30PM-7:30PM	Supper Lodge Orientation 7:30-8pm Lodge	Supper Lodge	Supper Lodge	Supper Lodge	Oyster Appetizer Beach BBQ 6:00-6:30pm Hollyhock Beach Supper Lodge		
8:00-10:00PM	Evening Session (ends at 9:30pm)	Free Time	Free Time	Free Time	Presenter Evening, TBD		

*Extra Charges Apply

HOLLYHOCK