

Your Daily Program
Schedule
August 23-28, 2021

Connecting to Source:
Yoga, Ritual, Meditation
Mara Branscombe

TIME	DAY 1 Monday, August 23	DAY 2 Tuesday, August 24	DAY 3 Wednesday, August 25	DAY 4 Thursday, August 26	DAY 5 Friday, August 27	DAY 6 Saturday, August 28
6:00AM-7:00AM		Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building
7:00AM-8:00AM		Hatha Yoga with Tommaso Biasiolo 7:00am-8:00am Kiakum Sign up on Activities Board	*Sunrise Mindfulness Paddle \$50/person. Reserve your spot at the Hollyhock Store. Leaves Hollyhock beach at 6:30am.	Hatha Yoga with Marie-Soleil Boisvert 7:00am-8:00am Kiakum Sign up on Activities Board	Sunrise with Seabirds 6:30am-8:00am Meet Naturalist Bill on Hollyhock Beach	Hatha Yoga with Marie-Soleil Boisvert 7:00am-8:00am Kiakum Sign up on Activities Board
8:30AM-9:30AM		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
		Hollyhock Garden Tour 9:00am-9:45am				
9:30AM-12:30PM		Morning Session 9:45am-12:00pm Raven	Morning Session 9:45am-12:00pm Raven	Morning Session 9:45am-12:00pm Raven	Morning Session 9:45am-12:00pm Raven	Morning Session 9:45am-11:45am Raven
12:30PM-1:30PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH Option to take to-go
1:30PM-5:30PM			Afternoon Session 3:00pm-5:30pm Raven	Afternoon Session 3:30pm-5:30pm Raven	AFTERNOON OFF 1:30-3:30 Guided Nature Hike w/ Naturalist Bill Ophoff Meet at the Lodge Entrance OR *Book a Hollyhock Massage, *Rent a SUP Paddleboard, Sign up for a spot on our *Eco Paddle & Swim, *Desolation Sound Cruise, or Explore Cortes	Afternoon Session 3:30pm-5:30pm Raven
6:30PM-7:30PM	DINNER Lodge	DINNER	DINNER	DINNER	DINNER	
	Orientation in Lodge 7:30-8:00pm					
8:00PM-10:00PM	Opening Session 8:00-9:30pm Raven	FREE TIME	FREE TIME	Presenter Evening Mara Branscombe DEEP PEACE 8-9:30pm EVENT TENT	Evening Session Water Ceremony 7:30-9:00 Location: TBD	

Orange and Lime activities are optional
*Extra charge for starred activities. Please book in the Hollyhock Store.

HOLLYHOCK