

Your Daily Program
Schedule
September 2-7, 2021

Move Without Pain:
Essential Somatics
with Martha Peterson

TIME	DAY 1 Thursday, September 2	DAY 2 Friday, September 3	DAY 3 Saturday, September 4	DAY 4 Sunday, September 5	DAY 5 Monday, September 6	DAY 6 Tuesday, September 7
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		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	FREE TIME	FREE TIME	Hatha Yoga with Tommaso Biasiolo 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-12:15pm Raven	Morning Session 9:45am-12:15pm Raven	Morning Session 9:45am-12:15pm Raven	Morning Session 9:45am-12:15pm Raven	Morning Session 9:45am-12:15pm Raven
12:30PM-1:30PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH Option to take to-go
1:30PM-5:30PM		Afternoon Session 3:00-6:00 Raven	Afternoon Session 3:00-6:00 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, Explore Cortes	Afternoon Session 3:00-6:00 Raven	
6:30PM-7:30PM		DINNER Lodge	DINNER	Oyster Appetizer BBQ 5:30-6:30pm Under the Event Tent	DINNER	
	Orientation in Lodge 7:30-8:00pm		DINNER			
8:00PM-10:00PM	Opening Session 8:00-9:30pm Raven	FREE TIME	FREE TIME	Presenter Evening with Martha Peterson <i>Train Your Brain to Eliminate Pain</i> 8:00-9:30pm	Presenter Evening with Fiji McAlpine <i>The Pose is Not the Point: Subtle Body Shifts & the True Healing Power of Yoga</i> 8:00-9:30pm	

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

HOLLYHOCK