

Your Daily Program Schedule  
August 28-September 2, 2021

## Discovering and Deepening Your Story with Sonora Jha

TIME	DAY 1 Saturday, August 28	DAY 2 Sunday, August 29	DAY 3 Monday, August 30	DAY 4 Tuesday, August 31	DAY 5 Wednesday, September 1	DAY 6 Thursday, September 2	
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	Free Time	Hatha Yoga with Tommaso Biasiolo 7:00am-8:00am Kladium 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 Kladium Sign up on Activities Board	
8:30AM-9:30AM		BREAKFAST	BREAKFAST  Hollyhock Garden Tour 9:00am-9:45am	BREAKFAST	BREAKFAST	BREAKFAST	
9:30AM-12:30PM		Guided Writing Time 9: 45am-11:45am Ocean Deck	Guided Writing Time 9: 45am-11:45am Ocean Deck	Guided Writing Time 9: 45am-11:45am Ocean Deck	Guided Writing Time 9: 45am-11:45am Ocean Deck	Guided Writing Time 9: 45am-11:45am Ocean Deck	
12:30PM-1:30PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH Option to take to-go	
1:30PM-5:30PM		Writing Life Discussion 4: 30pm-5:30pm Garden Table	Writing Life Discussion 4: 30pm-5:30pm Garden Table	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	Writing Life Discussion 3: 30pm-4:30 Garden Table		
6:30PM-7:30PM		DINNER Lodge	Oyster Appetizer BBQ 5:30-6:30pm Under the Event Tent	DINNER	DINNER		DINNER
		Orientation in Lodge 7:30-8:00pm	DINNER				
8:00PM-10:00PM	Opening Session 8:00-9:30pm TBD	FREE TIME	FREE TIME	Presenter Evening with Amos Clifford 8-9:30pm TBD	FREE TIME		

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

**HOLLYHOCK**