

HOLLYHOCK

Closer Together: A Weekend with Sophie Grégoire Trudeau



Friday, July 5th

Afternoon

Evening

Saturday, July 6th

Morning

Afternoon

Evening

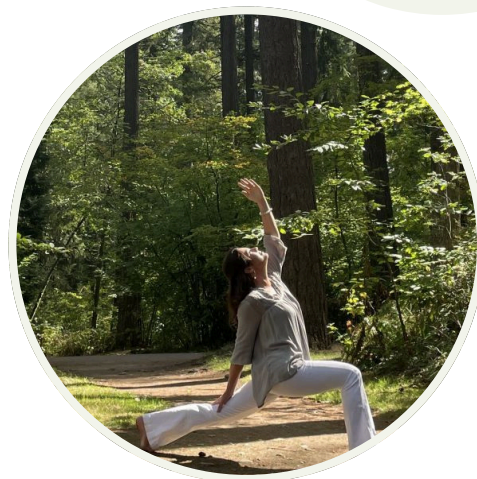
Sunday, July 7th

Morning

Afternoon

Arrive at Hollyhock

Welcome Dinner Welcome to Hollyhock Opening Session



Choice of Activities:

- Morning Row
- Meditation

Morning Session with Deepa and Sophie followed by Yoga with Sophie

Restorative Afternoon with a choice of:

- Essential Somatics
- Forest Bathing
- Hollyhock Full Bloom Garden Tour
- Naturalist Hike



Oysters on the Beach

Evening Session "Fireside Chat"

Intimate conversation between Sophie and Deepa, followed by Q&A with Sophie.
Evening Star Swim & hot tub

Choice of Morning Activities:

- Meditation
- Tai Chi practice

Wrap-Up Session

- Morning Circle & Conversation
- 45-minute Yoga Nidra led by Sophie
- Farewell



Please note this agenda is subject to change.