

# EXTENDED RETREAT SAMPLE SCHEDULE

## TUESDAY

**10:00a**  
Airport Pickup

**12:30p**  
Lunch

**3:00-4:30p**  
Icebreakers &  
Intros

**4:30-6:30p**  
Workshop  
Offerings

**6:30-7:30p**  
Jam Session

**7:30p**  
Dinner

**9:00-10:30p**  
Evening  
Activity

## WEDNESDAY

**8:00-10:00a**  
Breakfast

**8:30-9:30a**  
Optional  
Morning Move  
& Groove

**10:30-12:30p**  
Workshop  
Offerings

**12:30p**  
Lunch

**2:00-4:00p**  
Workshop  
Offerings

**5:30-7:00p**  
Workshop  
Offerings

**7:30p**  
Dinner

**9:00-10:30p**  
Evening  
Activity

## THURSDAY

**8:00-10:00a**  
Breakfast

**8:30-9:30a**  
Optional  
Morning Move  
& Groove

**10:30-12:30p**  
Workshop  
Offerings

**12:30p**  
Lunch

**2:00-4:00p**  
Workshop  
Offerings

**5:30-7:00p**  
Jam Session

**7:30p**  
Dinner

**9:00-10:30p**  
Evening  
Activity

## FRIDAY

**8:00-10:00a**  
Breakfast

**10:00-3:00p**  
Adventure day!

**5:00-7:00p**  
Workshop  
Offerings

**7:30p**  
Dinner

Free night

## SATURDAY

**8:00-9:45a**  
Breakfast

**10:00-12:00p**  
Photoshoot &  
Workshops

**12:00p**  
Lunch

**1:30-3:30p**  
Photoshoot &  
Workshops

**4:00-6:00p**  
Photoshoot &  
Workshops

**7:30p**  
Dinner

**9:00-11:00p**  
Evening  
Activity

## SUNDAY

**8:00-9:00a**  
Breakfast

**9:30-10:30a**  
Goodbye Class

**11:00a**  
Airport  
Shuttles