



SWEET SPIRIT YOGA RETREAT

NOVEMBER

Event Specifics

- ◆ **Onsite Contact:** Amber Perry
- ◆ **Arrival:**
 - Thursday, November 2 @ 4:00PM
- ◆ **Departure:**
 - Sunday, November 5 @ 11:00AM



Date: Thursday, November 2

Time	Event	Details
4:00 – 5:30	Arrival & Snack on Bar	<ul style="list-style-type: none">• Sliced Apples and Peanut Butter
4:30 – 5:30	Social Hour – Great Hall	Menu: <ul style="list-style-type: none">• Sweet Potato Toasts• Veggie Tray with Hummus
5:30	Dinner – Dining Room	Menu: Plated Salad <ul style="list-style-type: none">• Chef Choice Green Salad Entrée <ul style="list-style-type: none">• Salmon with Lemon Garlic Sauce• Beet Couscous• Steamed Baby Vegetables Dessert <ul style="list-style-type: none">• Berry Sorbet
7:15	Welcome Circle – Movement, Sound, & Bodywork	<ul style="list-style-type: none">• Conference Room
9:00	Refresh Snacks at Bar	<ul style="list-style-type: none">• Nuts / Chex Mix / M&M's

Date: Friday, November 3

Time	Event	Details
7:00 – 8:00	Movement is Medicine	<ul style="list-style-type: none"> • Conference Room
8:00 – 9:00	Breakfast – Dining Room	Menu: <i>Smoothie Buffett</i> <ul style="list-style-type: none"> • Avocado Matcha • Strawberry and Blueberry • Watermelon Cucumber • Almond Banana • Oatmeal / Cereal / Granola / Fruit
9:30	Your Healing Journey	<ul style="list-style-type: none"> • Conference Room
10:30	Break – Pre Function Conference Room Area	Menu: <ul style="list-style-type: none"> • Energy Bites • Granola Bar/Snack Basket
12:00 – 1:00	Lunch – Dining Room	Menu: <i>Build your own Grain Bowl Buffet</i> <ul style="list-style-type: none"> • Grilled Chicken • Shrimp • Quinoa Blend • Wild Rice • Assorted toppings: edamame / roasted chickpeas / tomatoes / cucumbers / red onion / peppers / shredded carrots / hard-boiled egg / black beans / sweet potatoes / kale / spinach / red cabbage / avocado • Hummus, Vinaigrette, Dressing Dessert <ul style="list-style-type: none"> • Fruit Salad
1:30 – 3:00	Free Time	<ul style="list-style-type: none"> • Guests use the lodge at their leisure
2:30	Break – Bar	Menu: <ul style="list-style-type: none"> • Meat and Cheese Roll Ups
3:00	Gentle Mindful Hike	<ul style="list-style-type: none"> • Self Guided
4:30 – 5:30	Social Hour – Great Hall	Menu: <ul style="list-style-type: none"> • Sweet Potato Toasts • Veggie Tray with Hummus
5:30	Dinner – Dining Room	Menu: <i>Plated</i> Salad <ul style="list-style-type: none"> • Chef Choice Green Salad Entree <ul style="list-style-type: none"> • Ancient Grain and Chicken Stuffed Poblano Peppers • Avocado Sauce Dessert <ul style="list-style-type: none"> • Two Ingredient Chocolate Cake
9:00	Refresh Snacks at Bar	<ul style="list-style-type: none"> • Nuts / Chex Mix / M&M's

Date: Saturday, November 4

Time	Event	Details
7:00 – 8:00	Movement is Medicine	<ul style="list-style-type: none"> • Conference Room
8:00 – 9:00	Breakfast – Dining Room	Menu: <i>Buffett</i> <ul style="list-style-type: none"> • Assorted Overnight Oats • Egg White Veggie Omelets • Turkey Bacon • Oatmeal / Cereal / Granola / Fruit
9:30	Healing Power of Touch – Facial Reflexology Workshop	<ul style="list-style-type: none"> • Conference Room
10:00	Break – Pre Function Conference Room Area	Menu: <ul style="list-style-type: none"> • Juice Shooters • Granola Bar/Snack Basket
12:00 – 1:00	Lunch – Dining Room	Menu: <i>Build Your Own Salad Bar</i> <ul style="list-style-type: none"> • Mixed Greens • Salad Add-ins: grilled chicken / diced ham / cherry tomatoes / cucumbers / onion / peppers / carrots / hard-boiled egg / black beans / cranberries / feta / bacon / blueberries / toasted walnut / pistachios / croutons / etc. • Assorted Dressings • Vegan Sweet potato Soup Dessert <ul style="list-style-type: none"> • Chocolate Covered Strawberries
1:00 – 5:00	Free Time	Guests to enjoy lodge at their leisure
3:00	Break – Bar	Menu: <ul style="list-style-type: none"> • Hard boiled eggs • String Cheese • Refresh Granola Bar/Snack Basket
4:30 – 5:30	Social Hour – Great Hall	Menu: <ul style="list-style-type: none"> • Zucchini Pizza Bites • Stuffed Mushrooms
5:30	Dinner – Dining Room	Menu: <i>Plated</i> Salad <ul style="list-style-type: none"> • Chef Choice Green Salad Entree <ul style="list-style-type: none"> • Zucchini “Pappardelle” Creamy Red and Green Pesto • Exotic Mushrooms Dessert <ul style="list-style-type: none"> • Blueberry Peach Tart
7:30	Healing Sound Bath	<ul style="list-style-type: none"> • Conference Room
9:00	Refresh Snacks at Bar	<ul style="list-style-type: none"> • Nuts / Chex Mix / M&M’s



Date: Sunday, November 5

Time	Event	Details
7:15	Nature Meditation	<ul style="list-style-type: none">• Outdoors
8:00 – 9:00	Breakfast – Dining Room	Menu: <i>Brunch Buffet</i> <ul style="list-style-type: none">• Yogurt Parfait• Mini Quiche• Bacon• Sweet Potato Hash• Granola Bake• Salmon Cucumber Bites• Oatmeal / Cereal / Granola / Bagels / Baked Item
9:30	Closing Circle with Blessings for the Journey	<ul style="list-style-type: none">• Conference Room
11:00	Departure	