

FINAL SCHEDULE FOR "NEW YEAR, NEW YOU" WOMEN'S RETREAT

Friday February 3rd to Sunday February 5th, 2023

FRIDAY FEBRUARY 3RD

5PM Arrival Time....come any time after 5PM as your schedule allows. We promise to save dinner for late arrivals. Move in, walk around the farm, sit by the fire, start enjoying the peace!!! Lisa & Boo

5:30 to 6 Begin Introductions with more to come later on. Sparkling water and mulled cider ready for you. Lisa and Boo. Meet Jaya and sign up for a therapeutic massage during your weekend. (Additional fee)

6:00 Wine and Appetizer Welcome Reception...Bring what you like to drink.

7:00 Dinner for all! Vegetarian options always provided.

8:00 Beginning to Get to Know Each Other...."The Woman Next To You"!!! Boo

8:45 Introductions to the Weekend Options & Opportunities...Lisa and Boo

9:00 Official Program ends...Have another sip of something and enjoy yourselves around the fireplace

SATURDAY FEBRUARY 4TH

7AM Coffee, Tea, Muffins and Fresh Fruit ready in the Kitchen.

8 to 9 Meditation in the Main Room with Pamela

9 to 9:45 Farm Fresh Breakfast

9:45 Community Meeting for Morning Activities

10 to 12 Options:

Feta Cheese Making from Source to Sampling!!! Kristen

Ice Snow Dyeing on Scarves with Ivy

Wisdom Horse with Boo

Resting, Reading, Napping, Strolling around the farm & down the Country lanes

12 to 1 Lunch for all

1-1:45 "How Do You Want To Be Seen?" with Q & A....Lisa

2 to 5 An Afternoon of Beauty for whole group, complete with Love Songs & Champagne!

Chocolate (Cacao) Facials and Fancy Foot Soaks with Nanette

Mini Make Up special with Ellen Smith

Foot Massage with Boo

Photo Shoot with Lisa

5 to 6 Relish and Relax in the After Glow of your Beautiful Self!

6 Wine and Feta from our local goats

6:30 to 7:30 A Feast Fit for a Queen

7:30 Age Old Story Telling, complete with Meade, as we watch the fire dance with Sebastian

Enjoy the rest of the evening together as you enjoy the embers a'glow!

SUNDAY FEBRUARY 5TH

8 to 9AM Yoga with Deb

9 to 9:45 Breakfast Yummies

9:45 Options and Sign Ups with Tie-Dye Unveiling

10 to 12 Options:

Fiber Arts with Kristen

Journaling with Becky

Wisdom Horse with Boo

Resting, Reading, Napping, Strolling around the farm & down the Country lanes

12 to 1 Lunch for all Lovelies...Do evaluations before we give you lunch!!! LOL

1 to 2PM Closing Ceremony for all & Group Photos with Boo and Lisa

Fond Farewells until we meet again

**THANK YOU FOR CONSIDERING COMING TO OUR "NEW YEAR, NEW YOU" WOMEN'S RETREAT
JOIN US AND ENJOY!!!**