

Gather Wellness Retreat Agenda

Friday, April 22, 2022

4:00 PM - Lodging Check-in

4:45 PM - 5:45 PM - **Evening Practice** | Restorative Yoga Class

7:00 PM - 9:00 PM - Catered Welcome Dinner at the Barn in the Main Room

Saturday, April 23, 2022

8:00 AM - 9:30 AM - **Morning Practice** | Breathwork, Meditation, Hatha Yoga & Pilates in the Barn Main Room

9:30 AM - 10:30 AM - Catered Breakfast in the Ochoco Room

10:30 AM - 3:00 PM - Free Time + Unplug and go for a walk/hike, play a round of golf, get a spa treatment, rest and do nothing, or read a good book by the fire

3:00 PM - 4:00 PM - **Wellness Talk** by Jami + Rebecca | Location: TBA

4:15 PM - 5:15 PM - **Evening Practice** | Restorative Yoga in the Barn Main Room

6:30 PM - 8:30 PM - Catered Dinner at the Barn in the Main Room

Sunday, April 24, 2022

8:00 AM - 9:30 AM - **Morning Practice** | Breathwork, Meditation, Hatha Yoga & Pilates in the Barn Main Room

9:30 AM - 10:30 AM - Catered Breakfast in the Ochoco Room

10:30 AM - 3:00 PM - Free Time + Unplug and go for a walk/hike, play a round of golf, get a spa treatment, rest and do nothing, or read a good book by the fire

3:00 PM - 4:00 PM - **Wellness Talk** by Jami + Rebecca | Location: TBA

4:15 PM - 5:15 PM - **Evening Practice** | Restorative Yoga in the Barn Main Room

6:30 PM - 8:30 PM - Catered Dinner in the Barn Main Room

Monday, April 25, 2022

7:30 AM - 9:00 AM - **Morning Practice** in the Barn Main Room

9:00 AM - 10:00 AM - Catered Breakfast in the Ochoco Room

11:00 AM - Lodging Check-Out

