

Time for You Women's Wellness Retreat

*Ski Maplelag and Practice Spring Forest Qigong and Yoga
With Ann Dolence, Carolyn Espel,
and special guest Ski Instructor Kyia Anderson
Thursday February 2 - Sunday February 5*

Schedule

Thursday:

6:00 PM Welcome/ Orientation in conference room
6:30 Dinner
7:45 - 9:30 Getting acquainted - mixer and fun!
Talk by Ann- "Hardwire for Hope; Let it Flow"

Friday:

7:15 - 8:15 Level 2 Yoga - Energizing Morning Flow
8:30 Breakfast
9:30 - 10:30 Dry land XC ski lesson
10:30 - 3:00 Free time (Lunch at 12:30)* Ski time with Kyia (*Sign up if interested)
3:00 - 4:00 Yoga Pose Clinic - Down dog, basic arm balances. (*Sign up if interested)
4:00 - 5:00 Level 1 Yoga - Post Ski Yoga - Hips, shoulders, and inversions
5:00 - 6:00 Spring Forest Qigong Level 1 Active Meditation - Moving Yin Yang
6:00- 6:30 Wine and Tea Social (BYOW) with snacks
6:30 Dinner
7:45 - 8:15 Finding and Interpreting Your Inner GPS Through Symbols
8:30 - 10:30 Chick Flick - TBD

Saturday:

7:15 - 8:15 Level 2 Yoga - Energizing Morning Flow
8:30 Breakfast
9:30 - 10:30 Dryland XC ski lesson
10:30 - 3:00 Free time (Lunch at 12:30) Ski time with Kyia (*Sign up if interested)
3:00 - 4:00 Yoga Pose Clinic - Forward bends, back bends. (*Sign up if interested)
4:00 - 5:00 Level 1 Yoga - Post Ski Yoga- bring 1 to 2 pillows and blankets
5:00 - 6:00 Spring Forest Qigong Level 1 Active Meditation - Healing
6:00- 6:30 Wine and Tea Social (BYOW) with snacks
6:30 Dinner
Time TBD Maplelag Talent Show - Bring your talents to share!

Sunday:

7:30 - 8:30 Morning SFQ Meditation
8:30 Breakfast/Brunch
10:30 -11:30 Send off yoga - Mixed Level Vinyasa
11:30 Lunch Buffet

- 2 night option for \$303.00
- 3 night option for \$417.00

- Prices include lodging, food, and programming.

- Sign ups will be available at retreat.

- To register call or email Maplelag @ 1-800-654-7711 or maplelag@tvutel.com



Contact Ann or Carolyn with any questions about the retreat at anndolence@msn.com or c.espel@yahoo.com