WELLNESS RETREAT
AGENDA

8:00am - Registration

8:30am - Restorative yoga with Julie - BYOM (bring your own mat)

9:45am - Break
  • Fruit and Yogurt Breakfast Bar!

10:00am - Stress Relieving Break Out Sessions
  Choose a breakout session to attend...
  • Hike on the Bath Nature Trail
  • Journal Reflections - Journals provided
  • Bracelet Making

10:45am - Flow yoga class with Julie

11:45am - Vegetarian Lunch

12:30pm - Guided Meditation