



Retreat Schedule

Thursday

Arrival & Welcome

3:00–5:00 PM - Registration & Check-In

Gold Rush RV Park • Main White Tent

Settle into your accommodations, explore the grounds, and begin relaxing into the peaceful mountain atmosphere.

5:30 PM - Welcome Gathering

Guided introductions and retreat orientation.

Meet your hosts and fellow participants as we begin our weekend together with intention.

5:30–6:30 PM - Grounding Meditation & Gentle Yoga

Ease into the retreat with a calming meditation followed by a gentle yoga practice designed to leave you feeling centered, relaxed, and ready for the weekend ahead.

6:45 PM - Welcome Dinner

Enjoy our Mediterranean Hummus Platter while getting to know one another around the table.

7:00 PM - Evening Campfire

Relax beneath the stars with conversation, laughter, and a peaceful close to your first evening.

Friday

Nourish & Explore

8:30 AM - Breakfast

Chicken Sausage Sweet Potato Bites, fresh fruit, and homemade sourdough toast.

10:00–11:00 AM - Yoga with Jan

Breath • Flow • Balance

A gentle morning practice emphasizing mindful movement, breath, and flexibility.

12:00 PM - Nature Walk

Experience the beauty of the Elkhorn Mountains while enjoying a peaceful guided walk through nature.

3:00–4:00 PM - Art Experience with Jan

Create a meaningful keepsake inspired by the beauty surrounding us.

6:00 PM - Dinner

Grilled Chicken Bites with Creamy Garlic Sauce, classic mashed potatoes, and roasted broccoli salad.

7:00–8:30 PM - Group Sound Bath with Pogo

Allow the soothing vibrations to quiet the mind and encourage deep relaxation before the evening concludes.



Saturday

Create & Connect

10:00 am - Slow flow + longer holds

Emphasis: releasing stored tension through breath, led by Tami Anderson

1:00 pm - Free Time

3:00-5:00 pm - Wine tasting, led by Jan Dinsmore

We will meet at the Sumpter Bed and Breakfast, for wine tasting and a beautiful hands-on experience to create your very own Mullein Stick Candle. 

5:30 pm, Dinner

Grilled chicken medallions with creamy garlic sauce, classic mashed potatoes, roasted broccoli salad

6:30 pm, Yoga Nidra, led by Jan Dinsmore

Sunday

Renewed & Restored

8:30 am - Breakfast

Greek yogurt parfait, fresh danish pastries

9:00 AM – Yoga Class

Gentle restorative flow for the journey home, emphasis on integration + calm

10:30–11:30 AM – Closing Circle,

Reflection + sharing, take-home breath practices

11:30 AM–12:00 PM – Departure