

Your *Awakening Your Wild Soul: A Women's Self-Renewal Retreat* experience is designed to help you care for yourself through immersive learning sessions, engaging Signature Classes, nourishing meals and time to connect with yourself and others in nature. Explore the sample itinerary below; a final schedule will be provided upon check-in.\*



## Day 1

- 2:00-6:00 p.m.** Arrivals & Registration
- 6:00-7:00 p.m.** Dinner at Kitchen Table
- 7:15-7:30 p.m.** 1440 Welcome
- 7:30-9:30 p.m.** Opening Learning Session with 1440 Adjunct Faculty Renee Trudeau
- 9:30-10:00 p.m.** Fire Pits and Conversation at Common Grounds Patio (optional)



## Day 2

- 7:00-7:45 a.m.** Morning Signature Classes (example: Yoga)
- 7:30-8:30 a.m.** Breakfast at Kitchen Table
- 9:00 a.m.-12:00 p.m.** General Learning Session with Renee Trudeau
- 12:00-1:00 p.m.** Lunch at Kitchen Table
- 2:00-5:00 p.m.** General Learning Session with Renee Trudeau
- 6:00-7:30 p.m.** Dinner at Kitchen Table
- 7:00-10:00 p.m.** Live Music at Common Grounds Patio
- 7:30-8:30 p.m.** Evening Signature Classes (example: Sound Healing)



## Day 3

- 7:00-7:45 p.m.** Morning Signature Classes (example: Qigong)
- 7:30-8:30 a.m.** Breakfast at Kitchen Table
- 9:00-11:30 a.m.** General Learning Session with Renee Trudeau
- 12:00-1:00 p.m.** Lunch
- 1:00-1:30 p.m.** Departures

**\*Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.