

WELLNESS *weekend* RETREATS

AT THE OTESAGA



Day 1: Arrival & Grounding

Setting the Foundation for Transformation

FRIDAY, OCTOBER 17

- 4:00 PM | Check-In & Welcome Reception
- 5:00 PM – 6:00 PM | Dinner (on your own)
- 6:00 PM – 7:15PM | Opening Ceremony
- 7:30PM – 8:30 PM | Deep Rest: A Yoga Nidra Journey

Day 2: Heart-Centered Exploration

SATURDAY, OCTOBER 18

- 7:00 AM | Cold Plunge & Meditation: The Eye Opener (Optional)
- 8:00 AM – 9:00 AM | Rise & Renew: Soul Flow Yoga
- 9:00 AM – 10:00 AM | Breakfast in Glimmerglass
- 10:30 AM – 11:30 AM | Awaken & Align: Breathwork & Mudra Exploration
- 12:00 PM – 3:00 PM | Lunch (on your own) & Free Time
- 3:30 PM – 4:30 PM | Flow Into Stillness: Restorative Yoga
- 5:00 PM | Dinner (on your own)
- 6:30 PM – 7:30 PM | Sacred Release: Cacao & Fire Ceremony
- 7:45 PM – 9:00 PM | Group Share & Guided Meditation

Day 3: Embrace & Embody

SUNDAY, OCTOBER 19

- 7:00 AM – 8:00 AM | Gentle Sunrise Yoga
- 8:00 AM – 8:45 AM | Breakfast in Glimmerglass
- 9:00 AM – 9:45 AM | Nature Walk + Meditation
- 9:45 AM – 10:15 AM | Rooted Reflection + Mindful Journaling
- 10:15 AM – 11:00 AM | Closing Circle
- 12:00 PM | Departure



*Schedule subject to change.