



WOODS HOLE INN

# Wellness Schedule

## Friday

**3-6 pm** arrival/check-in at the Woods Hole Inn

**6-6:30** Welcome circle breakfast room

## Saturday

**8 AM- 8:45 AM** Opening Circle Cacao Ceremony

**8:45- 9:15 AM** Yoga

**9:30- 10:30 AM** Breakfast *(included)*

**10:30-11:30 AM** Morning Break

**11:45-12:30** Reiki Soundbath

**12:30-2:30 PM** Lunch Break

**2:45-4:30 PM** Despacho Ceremony

**5:00** Break for Dinner off-site

## Sunday

**8:00 AM** Morning Mantra

**8:30 AM-9:15 AM** Yoga with hands-on healing

**9:15-10 AM** Breakfast *(included)*

**10:30- 11 AM** Check out

**11 AM-12:30 PM** Planting Seeds Workshop

**12:30-1:30 PM** Lunch/Afternoon Break

**1:45-3 PM** Closing Ceremony

**3-4 PM** Group Hike at The Knob

**4 PM** Departure