

3 DAY RESET RETREAT: ACTIVITY SCHEDULE

AT PARKER HILL FARM

Friday

JUNE 14

- 10:00 am Arrival/check in
- 11:00 am Welcome and Introductions, Intention setting
- 12:30 pm Lunch
- 2:00 pm Farm tour w/ Parker Hill Hosts, Patty & Pete
- 4:00 pm Vinyasa Fluid Yoga Asana
- 6:30 pm Dinner
- 8:00 pm Cacao Ceremony & Campfire

Saturday

JUNE 15

- 8:00 am Sunrise yoga flow - Energizing and balancing
- 9:00 am Breakfast
- 10:00 am Workshop & Activity - Meditating w/ Malas. Make your own Mala
- 12:30 pm Lunch
- Kale & Quinoa Salad with Cranberries, Red Onion & Balsamic. Seasoned Grilled Corn w/ lime.
- Black Bean and Sweet Potato Quesadilla w/ Avocado Dressing.
- 2:00 pm Journaling, sign up for Massage
- 4:00 pm Vinyasa Flow - Grounding and Restorative
- 6:30 pm Sit Down Meal Gathering
- 8:00 pm Yoga Nidra & Golden Milk (Turmeric)

Sunday

JUNE 16

- 7:30 am Silent Meditation
- 8:00 am Mantra Meditation w/ Malas
- 9:00 am Closing Breakfast
- 10:00 am Group sharing and reflections
- 12:00 pm check out/departures



PARKER HILL FARM
SPRINGFIELD,
VERMONT