

| DAY | MONDAY | | | TUESDAY | | | WEDNESDAY | | |
|-------|---|-------------------------|--------------------------|--------------------------------------|------------------------|---|--------------------------------------|----------------------------|---|
| 7:00 | Arrival Screenings (LW) | | | Quick FIT (LW) | | | Morning Walk (CC) | | |
| 7:30 | BREAKFAST | | | BREAKFAST | | | BREAKFAST | | |
| 8:30 | Connect (LW) | Connect (YY) | | Connect (Lake) | Connect (YY) | | Connect (Lake) | Connect (YY) | |
| 9:15 | Move Well Strength (LW) | Move Well Yoga (YY) | Hanukkah Workout ! (LW) | Lean ! (LW) | EMOM (Lake) | Therapeutic Yoga (YY) | EMOM (Lake) | Lean ! (LW) | Strength + Balance (LW) |
| 10:15 | Transition Time | | | Transition Time | | | Transition Time | | |
| 10:30 | Move Well Yoga (YY) | Move Well Strength (LW) | EMOM + Intervals (LW) | Nutrition (CC) Redefined | Yoga for Strength (YY) | Building Boundaries (LW) | Stress (CC) Redefined | Tabata + Intervals (LW) | New Years (LW) Habit Change |
| 11:30 | Your Culinary Experience (CC) | | | Break Time (Gift Shop Open) | | | Break Time (Gift Shop Open) | | |
| 12:00 | LUNCH | | | MINDFUL LUNCH* optional | | | LUNCH | | |
| 1:00 | Walk (CC) | | | Gratitude Meditation (YY) | | Hike* SchoolHouse Falls 1 - 4pm (CC) | Walk (CC) | | Advanced Hike* 1 - 530pm DuPont All Falls (CC) |
| 1:30 | Fitness (CC) Redefined | Simple Strength (LW) | Getting Back to You (LW) | Culinary Demo* Holiday Meals (CC) | | | Sugar, Fat, & Alcohol (CC) | Breathe + Flow (YY) | |
| 2:30 | Transition Time | | | Break Time | | | Break Time | | |
| 3:00 | Personal Planning Sessions (CC) | | | Power of Your Mind (CC) | Strength + Bands (LW) | | Holiday Arts Rotating Themes (CC) | Sneaky_6 ! (LW) | |
| 4:00 | Transition Time | | | Transition Time | | | | | |
| 4:15 | Waterfall Walk Indian Creek Falls (CC) | | Restorative Yoga (YY) | Shoulder Mobility (LW) | Restorative Yoga (YY) | Archery (CC) | Restorative Yoga (YY) | Foot & Ankle Mobility (LW) | |
| 5:30 | DINNER | | | DINNER | | | HOLIDAY DINNER | | |
| 6:30 | Holiday Soul Collage* (CC) | | | Community Campfire* (Lake) | | | Nature Meditation* (YY) | | |

A Wellness Retreat to Help You Reset

| DAY | Thursday | | | Friday | | | Saturday | | | |
|-------|-----------------------------------|--------------------------|---|-----------------------------|-----------------------|--|----------------------------------|-----------------------|---|--|
| 7:00 | Quick FIT (LW) | | | Sunrise Flow (YY) | | | Departure Screenings (LW) | | | |
| 7:30 | BREAKFAST | | | BREAKFAST | | | BREAKFAST | | | |
| 8:30 | Connect (YY) | | Connect (Lake) | Connect (YY) | | New Facility Tour + Workout* (CC) 815am - 1030am | Connect (YY) | | Hike* 8am - 12pm (CC) | |
| 9:15 | Primal Strong! (Lake) | Simple Strength (LW) | Yoga for Strength (YY) | 12 Days of Xmas ! (LW) | Qoya Dance Yoga (YY) | | Reindeer Run 5K Challenge ! (LW) | | | |
| 10:15 | Transition Time | | | Transition Time | | | Transition Time | | | |
| 10:30 | Sound Sleep (CC) | Tabata + Intervals (LW) | Holiday (LW) Temptations | Inspired Intentions (CC) | EMOM + Core (LW) | Simple Strength (LW) | Breathe + Flow (YY) | Simple Circuit (LW) | | |
| 11:30 | Break Time (Gift Shop Open) | | | Break Time (Gift Shop Open) | | | Break Time (Gift Shop Open) | | | |
| 12:00 | LUNCH | | | LUNCH | | | LUNCH | | | |
| 1:00 | Gratitude Meditation (YY) | | | Group Picture (CC) | | | Gratitude Meditation (YY) | | | |
| 1:30 | Culinary Demo* Holiday Meals (CC) | | Therapeutic Flow (YY) | Your Home Plan (CC) | | Resistance Bands (LW) | Yoga Flow + Stretch (YY) | Tai Chi (LW) | Holiday Excursion* (CC) Rotating Activities 130 - 5pm | |
| 2:30 | Break Time | | Pickleball* Lake Toxaway (CC) 245-415pm | Break Time | | Hike* 245 - 530pm (CC) | Break Time | | | |
| 3:00 | Conquering Cardio (CC) | Yoga Flow + Stretch (YY) | | Holiday Emotions (CC) | Knee Mobility (LW) | | Archery (CC) | Restorative Yoga (YY) | | |
| 4:00 | Transition Time | | Transition Time | | | | FREE TIME | | | |
| 4:15 | Hip Mobility (LW) | Restorative Yoga (YY) | | Connect (LW) | Restorative Yoga (YY) | | | | | |
| 5:30 | DINNER | | | DINNER | | | DINNER | | | |
| 6:30 | 3-Card Story Journaling* (CC) | | | Game Night* (CC) | | | Photo Stroll* (YY) | | | |

You Deserve to Feel Better

| DAY | Sunday 9/27 | Check In Details | Schedule Key |
|-------|---|--------------------------------|---|
| 8:30 | | Accommodations | Color Coding |
| 9:00 | Connect (YY) | Guest _____ | Yellow: Signature Track (classes offered every week) |
| 9:45 | Quick FIT (LW) | House _____ | Blue: Rotating Offerings (classes change weekly) |
| 10:15 | Transition Time | Code _____ | Purple: Low Mobility Intensity (less difficult classes) |
| 10:30 | BRUNCH | | Green: Recreation (offsite and includes travel time) |
| 12:00 | FREE TIME | Individual Sessions | Symbols |
| 3:30 | Meet and Greet Mocktails (CC) | Orientation (CC) _____ | *: Requires signup (deadlines may apply) |
| 4:30 | New Guest Orientation (CC) | Screening (LW) _____ | !: High Intensity class |
| 5:30 | DINNER | Planning Session (CC) _____ | ^: Pictures of video may be taken in this class |
| | | Health Specialist _____ | \$: Additional cost |
| | | COVID Group Color _____ | Location Abbreviations |
| | | | CC: Culinary Center (meals and evening activities) |
| | | | LW: Laurelwood (fitness and rotating education) |
| | | | YY: Yoga Yurt (connect, meditation, dance, and yoga) |

Keynote Education Descriptions

Fitness Redefined

Traditional programs use exercise as a primary driver for weight loss, unfortunately it's not working. Come learn about how the fitness industry has gone wrong and uncover what you should really be focusing on. Hint: it's not spending more time in the gym.

Nutrition Redefined

This foundational seminar breaks down the confusing messages regarding nutrition, dieting and weight management while addressing topics such as personal energy needs, nutrient density and intuitive eating.

Stress Redefined

Identify practical approaches to stress reduction in your everyday life. In this class participants will begin to understand the body's physiological state and how it's impacted when overexposed to stress as well as how to cope with different stressors.

Sound Sleep

There isn't one facet of your mental, emotional or physical health that's not impacted by your sleep. Join us and learn the six essential sleep strategies.

Inspired Intentions

Fed up with setting goals that only go well for weeks or months and then end abruptly? Get ready to reignite your motivation and learn about to finally fulfill those intentions that have been rolling around in the back of your head.

Your Home Plan

This workshop based class will provide you the opportunity to create a personal plan, review Skyterra At Home resources, and handle any questions hanging around from the week so that you can fulfill all your initial intentions at home.