

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)	Thanksgiving Sampler ! (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 Changes
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)			New Year 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* Falls 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			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)	Black Friday Workout ! (LW)	Qoya Dance Yoga (YY)		Turkey Trot 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	THANKSGIVING 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 Yellow: Signature Track (classes offered every week) Blue: Rotating Offerings (classes change weekly) Purple: Low Mobility Intensity (less difficult classes) Green: Recreation (offsite and includes travel time) Gray: Private Assigned Classes (covid19 safety) Red: Private Assigned Classes (covid19 safety) Orange: Specialty Classes for the Holiday Season Symbols *: Requires signup (deadlines may apply) !: High Intensity class ^: Pictures of video may be taken in this class \$: Additional cost Location Abbreviations CC: Culinary Center (meals and evening activities) LW: Laurelwood (fitness and rotating education) YY: Yoga Yurt (connect, meditation, dance, and yoga)
9:00	Connect (YY)	Guest _____	
9:45	Quick FIT (LW)	House _____	
10:15	Transition Time	Code _____	
10:30	BRUNCH		
12:00	FREE TIME	Individual Sessions	
		Orientation (CC) _____	
		Screening (LW) _____	
		Planning Session (CC) _____	
		Health Specialist _____	
3:30	Meet and Greet Mocktails (CC)	COVID Group Color _____	
4:30	New Guest Orientation (CC)		
5:30	DINNER		

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.