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VALLEY LIGHTING

AUTUMN RIVER RENEWAL

Wellness Retreat for Women
at The Lodge at Riggins Hot Springs Resort
October 17th, 18th, & 19th, 2008

SCHEDULE OF EVENTS

Friday, October 17

2:00 Check- In At Riggins Hot Springs Resort
2:00-4:00 Free Time. Enjoy. Soak. Hike. Massage. Acupuncture
4:00-6:00 Welcome and Restorative Practices
6:30-7:30 Dinner
8:30-9:30 Evening Workshop
9:30 Soak. Stargaze. Bonfire. Enjoy.

Saturday, October 18

8:00-9:30 Morning Renewal Yoga
9:30-10:30 Breakfast
10:30-3:30 Free Time. Enjoy. Soak. Massage. Hike. Acupuncture.
1:30 Lunch
3:30-6:00 Afternoon Workshop
6:30-7:30 Dinner
7:30-8:30 Digest. Soak. Massage. Acupuncture.
8:30-9:30 Evening Workshop
9:30 Soak. Stargaze. Bonfire. Enjoy.

Sunday, October 19

8:00-9:30 Morning Renewal Yoga
10:00-11:00 Brunch
11:00-1:00 Free Time. Soak. Massage. Acupuncture. Enjoy.
1:00-2:00 Closing Circle
2:00 Check Out