



Guest Itinerary

Friday, May 4, 2018:

Time	Activity	Details	Location
3 p.m. +	Check In and Registration Begins	Check in at Guest Services and we'll greet you with your cabin key and get you settled in.	Guest Services, Main Lodge
6 p.m.	Social Hour + Welcome	Pop in for the official start to our weekend away!	Main Lodge
7 p.m.	Dinner	Cocktail Reception dinner set-up for easy socializing and conversation.	Main Lodge
8:30 p.m.	Restorative Yoga	Led by Ellie McMillan, open to all guests. Bring a mat or towel.	Garden Room
Nighttime	MYOF (Make Your Own Fun)	Grab a drink at the pub, catch up in your cabin, go to bed	Your Choice!

Saturday, May 5, 2018:

Time	Activity	Details	Location
7:30 a.m.	Rise and Shine early-morning Yoga	Led by Ellie McMillan, open to all guests. Bring a mat or towel.	Garden Room

7:30-10:30 a.m.	Breakfast Served	Come when you want!	Dining Room, Main Lodge
9 a.m.-5 p.m.	Spa services available	Manicure: \$35 Pedicure: \$45 Reflexology: \$45 Massage: \$75	To Be Confirmed
9:30-10:45	Session #1	<ol style="list-style-type: none"> 1. How not to pee your pants when you sneeze: and other socially awkward, pelvic-floor problems 2. Pilates Class 3. Sketch Note Lettering Workshop 4. Down Time 	TBC
11:00:-12:00 (ish)	Session #2	<ol style="list-style-type: none"> 1. Boot Camp: Cardio & Plyometric Class 2. Wine Appreciation and Pairing 3. How not to pee your pants when you sneeze: and other socially awkward, pelvic-floor problems 4. Down Time 	TBC
12:30-2:30 p.m.	Lunch Served		Dining Room, Main Lodge
2:00 p.m.	Session #3	<ol style="list-style-type: none"> 1. Create Your Own Pillow Cover Workshop 2. Hot Yoga Class 3. Quit Mom Dancing and Start Grooving: Cardio Dance Mix Class 4. Down Time 	TBC

3-6 p.m.	Pop-Up Shop	Take a moment to pop in, shop and treat yourself. It's like Etsy – but in real life.	Pop-Up Shop (the Ice Cream Shop)
4-6 p.m.	Chill Time	Take a nap, check out the pop-up shop, catch up with friends, read, hang at the pub, and more.	
6:00 p.m.	Cocktail Hour	Social time!	Main Lodge
7:00 p.m.	Dinner Served	Enjoy a full-out buffet from The Opinicon's Chef Angela.	Dining Room, Main Lodge
8:30 p.m.- 11:30 ish?!	Dance Party	Clear the floor! We'll host a dance party set for you that evening where there will be no judging and just good times.	Alford Room, Main Lodge

Sunday, May 6, 2018

Time	Activity	Details	Location
7:30 a.m.	Rise and Shine early-Morning Yoga	Led by Ellie McMillan, open to everyone. Bring a mat or towel.	Garden Room
7:30-10:30 a.m.	Breakfast Served		Dining Room, Main Lodge
9:30 a.m.	Session #4	<ol style="list-style-type: none"> 1. Stop Beating Yourself Up: Self-Compassion Workshop 2. Self-guided Cataraqui Trail Hike: All Levels 3. HIIT It Outdoors 4. Down Time 	<ol style="list-style-type: none"> 1. Main Lodge 2. Meet in front of Ice Cream Shop 3. Meet in front of Ice Cream Shop
12:00 p.m.	Departure and Goodbyes	Check out at Main Lodge	Guest Services, Main Lodge