

DRAFT Retreat Schedule | May 1-3, 2026 | Kerhonkson, NY

THURSDAY, 4/30	FRIDAY, 5/1	SATURDAY, 5/2	SUNDAY, 5/3
<p>7:30 - 9:30 p Early Check-In Available <i>Inquire for Pricing</i></p>	<p>11:00 a - 12:00 p Check-In</p> <p>12:00 - 1:00 p Lunch</p> <p>1:00 - 2:00 p Downtime</p> <p>2:00 - 4:00 p Yoga Class</p> <p>4:00 - 6:00 p Downtime</p> <p>6:00 - 7:30 p Dinner</p> <p>7:45 - 9:00 p Sound Bath</p> <p>9:00 - 9:30 p Breathwork/Journaling</p> <p>9:30 - 10:30 p Camp Fire</p>	<p>8:00 - 8:30 a Breathwork/Journaling</p> <p>8:30 - 10:00 a Yoga Class</p> <p>10:30 - 11:30 a Brunch</p> <p>11:30 a - 6:00 p Downtime/Hiking Excursion</p> <p>6:00 - 7:30 p Dinner</p> <p>7:45 - 9:00 p Candle Lit Yin</p> <p>9:00 - 10:00 p Camp Fire</p>	<p>8:00 - 8:30 a Breathwork/Journaling</p> <p>8:30 - 9:30 a Yoga Class</p> <p>10:00 - 11:00 a Brunch</p> <p>11:30 a Departure</p>