

Friday November 18th

Check In	10:00am – 3:00pm
Sip and Shop Local Art Fair + Market by Women of Marathon	4:00pm – Sunset At Lighthouse Grill
Eventide Celebration + Welcome Party	Sunset At Blue Waters Infinity Pool Deck <i>*Happy Hour!</i>

Saturday November 19th

Sunrise Meditation with Carrina	At Sunrise
Sunrise Stroll with Shamama	At Sunrise
Slow Flow Yoga with Michelle	8:00am
Boot Camp with Andrea	8:00am
Make Your Own Jewelry Community Workshop with Karen	8:00am – 12:00pm
Zumba with Tirs	9:00am
Soulmatic Yoga with Shelly	9:00am
How to use Stress to your Advantage with Dr. Hyde	10:00am
Pilates with LaShanae	10:00am
Breathwork, Yoga, Meditation + Sound Bowls with Chloe and Kelly	10:00am
Barre at the Bar with Stacy	10:00am
Understanding Skincare Ingredients 101 with Nichole	11:00am

Yoga Flow with Michelle	11:00am
Divine Feminine Circle with Erin and Maya	11:00am
Embody Her with Shardae	11:00am

Lunch Break	12:00pm – 2:00pm Lunch Sampler
The Sacred Origin of Yoni Steam with Angeline	2:00pm
Yin Yoga with Shelly	2:00pm
Self-Massage with Cara	3:00pm
Food, Body, Behavior with Jillian	4:00pm
Aqua Gym with Jakki	4:00pm
ABC Quantum Healing Activation with Erin	5:00pm
Sweat, Sculpt, & Surrender with Jakki	5:30pm
Self-Mastery + EFT with Shelly	6:00pm
Essential Oils + Emotions with Jakki	7:00pm

Sunday November 20th

Meditation with Carrina	8:00am
Zumba with Tirs	9:00am
Send Off Breakfast	10:00am