

Time of Day	Friday, October 2	Saturday, October 3	Sunday, October 4	Monday, Oct 5
7:30 am		Lake dip with Jaclyn (optional)	Lake dip with Jaclyn (optional)	Check out prep. Please have your bags ready at 10 am for pick up
8:30 am		Breakfast hamper delivery	Hot buffet breakfast	Breakfast hamper delivery
9:45 am		Workshop 1: Grief always demands a room. Why grief is our purpose.	FREE TIME Kayaking/canoeing Trail walking/hiking Solitude Journaling	Workshop 3B: Continue your Wild Soul Vision Board
11:00 am		Forest Therapy – gentle guided forest walk and meditation Guided by Mollie (beingwithyew.com)	FREE TIME	
12:00 pm		Forest Tea ceremony	Picnic lunch pick up for boat cruise – meet at front door	Wild Soul Vision Board completion/to be continued...
1:00 pm		Lunch at the Lodge	Boat Cruise/French River (optional)	Departure from resort
3:00 pm	Early arrival possible for exploring and enjoying the amenities of the Lodge.	Workshop 2: Creativity as the antidote for Grief: Reimagining your future	Workshop 3A: Dwelling in possibility and creating the unimaginable.	
4:00	CHECK-IN time, bags delivered		Workshop 3B: Your future on the canvas – Wild Soul Vision Board workshop	
4:30 pm	Opening Circle meeting in the private Lodge dining hall			
5:30 pm			Social hour: mocktails and h'or d'oeuvres	
6:00-6:30 pm	Dinner at the Lodge	Dinner at the Lodge	Dinner at the lodge	
8:00 pm	Fire ceremony	Water ceremony	Relaxation	