

FREE TIME PROGRAMMING

Activity	Charge
The Labyrinth in the Chapel	No Charge
Morning & Evening Prayer Services in the Chapel Scripture readings and structured prayers with an opportunity for persons to include their own special prayers	No Charge 7:30 a.m. – 7:45 a.m. 5:00 p.m. – 5:15 p.m.
2 Lakes for Catch and Release Fishing	No Charge
Hiking & Nature Trails	No Charge
Hotel Fitness Center and Sauna	No Charge
2 Olympic – Sized Swimming Pools	No Charge
Athletic Courts (baseball, basketball, tennis)	No Charge
Guided One-Hour Hike led by an experienced guide through the trail of Camp Allen. Wear closed toe shoes and long pants	\$5.00 per person Minimum/Maximum per session: 6 / 15
Canoeing One-hour session on Lake Goddard, includes canoe, paddles, and lifeguard. You may bring your own life jacket.	\$5.00 per person Minimum/Maximum per session: 6 /20 (Up to 3 riders per canoe)
Equestrian Center - Arena Rides ½ hour session that includes instructor, horse, and equipment. Wear closed toe shoes with a heel and long pants. No tandem rides.	\$25.00 per person Minimum/Maximum Capacity: 3 / 6
Equestrian Center - Trail Rides One hour guided ride through Camp Allen that includes instructor, horse, and equipment. Wear closed to shoes with a heel and long pants. 250 pound weight limit.	\$20.00 per person Minimum/Maximum Capacity: 6 / 10
Skeet Shooting One hour session complete with instructor, shotgun, 25 shells, and clay pigeons. Participants may not use personal guns on range	\$25.00 / round (+\$20.00 optional additional round) Minimum / Maximum Capacity: 5 / 10
Wild Heart Arted Cards with Kay Kemp Play from your wild heart and make your own inspirational greeting cards. Combine healing words and creative collage for one-of-a-kind cards to share with friends and family. Juicy materials and inspired message are included and absolutely no experience is necessary.	\$15.00 per person Saturday Only 1:15 p.m. – 2:45 p.m.

<p>Ekam Yoga Center Classes with Maggie Grueskin, Owner/Director Specific classes to be announced! Stay tuned for exciting news!</p> <p>New Moon Meditation - Each new moon is an opportunity to get clear on our intentions in life, and give thanks for our accomplishments. We will begin with a brief gentle yoga stretching session to relax the body, then use the vibrational qualities of our voice to cleans the chakras. Our meditation will include a self-reflection portion, followed by a 10 minute sitting practice, and conclude with a full body relaxation pose. Please bring a sitting cushion or Zafu.</p> <p>Full Body Chakra Dance - "Chakras are the junction point between consciousness and physiology" Deepak Chopra. Connect with your subtle energies in this gentle class, which awakens your entire body and breath. Begin with a gentle sitting practice of breathing and chakra cleansing, then begin to stand, walk and move as you slowly connect and deepen your understanding of the main chakra energy centers; join us and experience yourself in a whole new way.</p> <p>Bhakti Vinyasa - Experience flowing grace in this gentle yoga flow class. Start with mindful breathing and gentle stretches, then experience union of mind and body with spirit as you flow through one gentle pose to the next, setting intentions with each pose, this makes for an expressive form of devotional yoga, connecting you from your heart to your whole body and beyond. No experience necessary. Please bring your own mat, or purchase one at the retreat.</p>	<p><i>Friday 7:30pm-8:15pm</i></p> <p><i>Saturday 7:30pm - 8:15pm</i></p> <p><i>Sunday 7:00am - 8:00am</i></p>
<p>Readings with Janelle Hoyland, Spiritual Guide</p>	<p>Times To Be Announced</p>
<p>Charter Members of The Women's Leadership Advisory Board Sessions to be announced!</p>	<p>Times To Be Announcement</p>