



Healing the Feminine: Acadia Women's Retreat



*Sample Itinerary
(subject to change and flow as needed)*

THURSDAY • SEPTEMBER 5

3:00 pm - Arrival

4:00 pm - Welcome Circle & Movement

6pm - Dinner

Weather permitting: Evening Fire Circle

FRIDAY • SEPTEMBER 6

6:55 am - Morning Movement & Journal Time

8:00 am - Breakfast

10:00 am - Mindful Bike Ride around the island with packed lunch

5:00 pm - Optional Restorative Movement

6pm - Dinner & Healing Circle

SATURDAY • SEPTEMBER 7

6:55 am - Morning Movement & Journal Time

8:00 am - Breakfast

10:00 am - Day Hike on Schoodic Head Trail with packed lunch

5:00 pm - Optional Restorative Movement

6pm - Dinner & Healing Circle

Weather permitting: Evening stargazing walk at 10pm

SUNDAY • SEPTEMBER 8

8:00 am - Breakfast

9:00 am - Morning Movement & Closing Circle