

Return Home Wellness Weekend Schedule

Friday, May 15th, 2019:

5:00 PM — Glass House Arrival

6:00 PM — Opening Circle + Gift Bag hand out!

6:30 PM — Basics of Breathing Workshop - led by Sky

- Learn the foundations of breath which will be carried throughout the weekend.

7:30 PM — Plant-based Welcome Dinner - Prepared by Chef Emily

10:00 PM — House Quiet Hours

Saturday: May 16th, 2019:

8:00 AM — Morning Hatha Yoga Session - led by Sky

9:45 AM - Breakfast cooked by Chef Emily

Afterward — FREE TIME - Use this time to pamper yourself or go explore - See some of the beaches, cideries, vineyards, etc.

**Cold Lunch will be prepared by Chef Emily and available at the house.

4:00 PM — Finding your Energy - An introduction to Reiki - led by Alex

5:30 PM — Control Your Cortisol Workshop - Pranayama and Bandhas lead by Sky

6:30 PM — Dinner prepared by Chef Emily

7:30 PM — Food Demo led by Chef Emily

10:00 PM — House Quiet Hours

Sunday, May 17th, 2019:

8:00 AM — Morning Hatha Yoga Session - led by Sky

9:45 AM — Breakfast cooked by Chef Emily

Afterward — FREE TIME - Use this time to pamper yourself or go explore - See some of the beaches, cideries, vineyards, etc.

**Cold Lunch will be prepared by Chef Emily and available at the house.

4:00 PM — Trust Yourself and Fly - Introduction to arm balances - led by Sky

5:30 PM — Mind Your Mind Workshop - Bandhas + Pranayama Workshop led by Sky

6:30 PM — Dinner prepared by Chef Emily

7:30 PM — Finding Home Within - Journaling workshop led by Alex

10:00 PM — House Quiet Hours

Victoria Day, Monday, May 18th, 2019:

8:00 AM — Morning Hatha Yoga Session - led by Sky

9:45 AM — Breakfast + Closing Circle - Continental style of breakfast so that people can have time to pack up, get ready, etc. pressure-free.

10:45 AM — Check-Out

*We must be completely out of the house by 11:00 AM this morning, so please plan your travel accordingly!

Please note: All meals, classes, workshops, and outings are completely optional. We would love for you to participate in as much as you like. The schedule is subject to change but all attendees will be notified of such an occurrence.

Free time means just that, use this time to do whatever it is your soul desires. Daily there will be micro-adventures happening with your hosts. Feel free to join or go off and do your own thing, do what is best for you!

Note that the retreat is located roughly 45 minutes away from the Swartz Bay ferry terminal and roughly 30 minutes to downtown Victoria by car.

Fun activities in the area include:

Nature/Hiking

- Avatar Grove: containing Canada's Gnarliest Tree
- Kinsol Trestle - in Cowichan Valley
- Sooke Potholes Regional Park - stunning hikes. Specifically part at Lot 2
- Witty's Lagoon Regional Park
- Goldstream Provincial Park
- Botanical beach provincial park
- Gowlland Tod Provincial Park
- Juan de Fuca Provincial Park - Stunning hikes and walks along the water. Note it takes about an hour to get to this location from the house
 - Sombrio Beach Trailhead
 - Mystic Beach

Art and Culture

- Downtown Victoria is just a quick 30-minute drive away. There see B.C.'s capital and stunning Parliament building.
 - Art Gallery of Greater Victoria
 - Buttery Garden
 - Butchard Gardens
- Chemainus - Historic town
- Ladysmith - Historic town - walkable (cute cafe's)
- Sooke - Historic town - Hatley Castle
- Fiscard Lighthouse
- Enrico Winery
- Sea Cider Farm and Ciderhouse
- Westholme Tea Farm

Things to bring: yoga mat, cozy sweater, and clothes to participate in workshops, a blanket or sarong, journal, pen, water bottle, and anything else that makes you feel at home.