

PRINCESS WARRIOR RETREAT SCHEDULE



Friday

- 16:00 Check in
- 18:30 Gentle Yoga Flow & Restore
- 19:30 Dinner
- 21:00 Bonfire Meditation

Saturday

- 07:30 Coffee/Tea & Fruit
- 08:00 Good morning Yoga
- 09:00 Breakfast
- 10:00 Hike the Forks of the Credit Park
- 12:00 Lunch
- 13:00 – 16:00 Axe Throwing & Archery
- 16:00 Break Time / Light Snacks
- 17:30 Goddess Dancing Workshop
- 19:00 Dinner
- 20:00 Bonfire & PW Coaching

Sunday

- 08:00 Coffee/Tea & Fruit
- 08:30 Good Morning Yoga
- 10:00 Brunch
- 11:30 PW Coaching
- 13:00 Spiritual Session w/ Shamanic Practitioner
- 16:00 Snack & Check out