

# MAY 1 - 4 SPRING SERENITY STERLING FOREST LODGE

## THURSDAY

May 1, 2025

**3-5 pm:** Check-in with healthy, organic snacks & mocktails, help settle into your room

**6:30 pm:** Communal dinner with organic vegetarian & local fare

**8 pm:** Gather in the wellness studio to meet your hosts

## FRIDAY

May 2, 2025

**6-8 am:** Silent morning or Yoga in the Main Yoga Room

**8 am:** Breakfast

**10 am:** Living your best life with Julie & Maddy

**12:30 pm:** Communal lunch

**2 pm:** Guided nature walk with Blake

**4 pm:** Sauna, hot tub, and cold plunge experience

**6:30 pm:** Community dinner

**8:30 pm:** Ceremonial fire with s'mores

## SATURDAY

May 3, 2025

**6-8 am:** Silent morning or Yoga in the Main Yoga Room

**8 am:** Breakfast

**10 am:** Nutrition with Skylar Weir, MS, RDN

**12:30 pm:** Communal lunch

**2 pm:** Hiking the woods with Julie & Maddy

**4 pm:** Sauna, hot tub, & cold plunge experience

**6:30 pm:** Community dinner

**8:30 pm:** Candlelight meditation

## SUNDAY

May 4, 2025

**8 am:** Breakfast

**10 am:** Easy garden walk with Julie & Maddy

**12 pm:** Prepare for departure

Option to schedule a massage with Stephanie Marena.  
Schedule to book to follow (price of massage not included in retreat weekend)