

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, RD

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)