



Hustle & Flow

Retreat Schedule

**All sessions and events are in the Conference Room
unless otherwise noted.**

Friday

4 PM: Check in

Begin soaking, take a hike or explore Crestone while you wait for your room to be ready.

5:30-6:30 PM Dinner!

7:00 PM *Opening Whole Group Gathering, Introductions, and Setting Intentions!*

8:30-9:30 PM *Unwind + Grind with Axe*

Saturday

8:15 - 9:30 AM *Morning Flow Yoga Outdoor Class with Jen:*
Meet outside the Conference Room

8:15 – 9:30 AM *With These Hands: Part 1 with Amy and Melanie*

9:45 – 12:15 PM *Poetry & Stillness with Cathleen*

Meet outside the Conference Room for this Crestone fieldtrip

9:45 – 11 AM *Less Hustle, More Moola with Anne*

11 AM – 12 PM *Outside Meditation with Mamie*

11 AM – 12 PM *Zumba with Mariah in the Conference Room*

12-1:15 PM Lunch!

1:30 – 2:45 PM *With These Hands: Part 2 with Amy and Melanie*

1:30 – 2:45 PM *Where You End & I Begin with Merrick in the Kitchen*

2:45 – 4:15 PM *Restorative Indoor Yoga Class with Jen*

4:30 - 5:15 PM *Love Yo' Self, Love Yo' Money with Jennifer*

6:30 – 7:30 PM Dinner!

8:00 PM *Beltane Fire Circle*

Sunday

8 – 9 AM *Morning Indoor Meditation with Mamie*

9:30 - 10:45 AM *Taking It Home and Closing Gathering with MC & the Crew*

11:00 AM CHECK OUT!

You are welcome to use the pools and facilities all day,
but must be out of your rooms by Sunday, 11 AM.

Breakfast is served daily from 7 - 10 AM
in the space adjacent to the Conference Room.