



Healing through Feminine Practices

Dr. Amanda Hanson

June 20-23, 2024

Arrival Day

4:00 pm Check-in begins; Rooms are ready by 4:00 pm, but if you arrive early, we'll gladly hold your luggage at Reception.

6:00–7:00 pm Dinner

7:00–7:20 pm Guest Orientation Session

Program Schedule. *Subject to change.*

Thursday 7:30–9:00 pm

Friday 10:00 am–1:00 pm, 2:30–4:30 pm

Saturday 10:00 am–1:00 pm, 2:30–4:30 pm

Sunday 10:00 am–12:00 pm **Room checkout is 11:00 am;** luggage may be held at Reception. Lunch is included on your day of departure.

Meal Times

Breakfast 7:30–9:30 am | Lunch 12:00–1:30 pm | Dinner 6:00–7:30 pm

Welcome!

We hope you enjoy your stay with us. Apart from the activities in your program schedule, we offer daily yoga, meditation, and Kirtan. Please refer to the R&R schedule in your Welcome packet for a complete list of classes offered. Please join if your program schedule permits.