

# YOUR RETREAT

## agenda

### Day 1

<b>Hotel:</b> Check-in 3PM	Private Cottage Suites   include wellness bathroom amenities & welcome amenity
<b>Grand Garden:</b> 5-8PM	5-Course Eco-Conscious Wine Paired Dinner
<b>"the farmer's daughter"</b> Outdoor Firepit: 5-10PM	Fireside Chat

### Day 2

<b>Grand Garden:</b> 7-8AM	Sunrise Yoga for Beginners
<b>Franklinville Room &amp; Terrace:</b> 8-9AM	Breakfast & Welcome
<b>Franklinville Room &amp; Terrace:</b> 8AM-4PM	Full Day Wellness Package: to Include standard AV, Wi-Fi, Breakfast, Lunch, AM & PM Break Snacks, Continuous Beverages, On-Site IT & AV Support
9AM-10AM	Guests retreat to Private Cottage Suites for Refresh
<b>Roosevelt:</b> 10AM-12PM	Wellness Activity: Make-Your-Own Terrarium
<b>Franklinville Room &amp; Terrace:</b> 1PM-2PM	Mindful Meditation & Snack Break
<b>"the farmer's daughter"</b> Bar & Terrace: 4-7PM	Wellness Activity: Make-Your-Own Sorbet Includes: 3 chef's choice passed hors d' oeuvres, bruschetta & hummus, 3-hour beer, wine & soda bar, chef's choice dessert
<b>Hotel</b>	Retreat to Private Cottage Suite

### Day 3

<b>Grand Garden:</b> 7AM-8AM	Barre 3
<b>Franklinville Room &amp; Terrace:</b> 8AM-9AM	Breakfast & Closing Remarks