



**HEARTWORKS 19<sup>th</sup> Annual  
WOMEN'S WELLNESS RETREAT  
Sept 7-10, 2017 at YMCA Camp Belknap**

**Thursday, September 7**

4:00-5:30 pm	Check-In (Conlon Lodge)
5:30-6:15 pm	Dinner (Dining Hall)
7:00-7:30pm	Welcome Circle (Conlon Lodge with Steph)
7:30-8:30 pm	Gentle Yoga (Conlon Lodge with Shelby)

**Friday, September 8**

	OPTION #1	Option # 2	OPTION #3
6:45am	Coffee & Tea For Early Risers (Dining Hall)		
7:00-8:00am	Morning Yoga (Hall Lodge Roof top with Shelly G.)		Morning Walk in the Woods (Meet Steph at Conlon Lodge Porch)
8:15-9:00am	Breakfast (Dining Hall)		
9:15 - 10:30 am	Discover your Emotional System (Conlon Lodge with Marinna)	Kayak or Canoe to Little Huck Island (Meet Chloe at Cadet Beach)	
11-12:15	Empower your home: Empower your life (Conlon Lodge with Lisa)	Archery (Archery Range with Steph)	Mindfulness, Playfulness and Watercolors (Craft shop and Roof Top with Rebecca)
12:30p-1:15pm	Lunch (Dining Hall)		
	<i>Siesta, Beach Time, Canoe Ride...</i>		
2:00-3:15p	Reclaiming your power and finding peace in adversity (Middler Lodge with Colleen)	Nature Walk (Meet at Dining Hall with Nancy)	<b>2:30pm</b> Yoga on the Beach (Outpost beach with Shelly G.)
4:00-5pm	Herbs for Women (Conlon Lodge with Beth)	Clay workshop: Energetic Cord Cutting (Middler lodge with Karen L.)	
5:30-6:15 pm	Dinner (Dining Hall)		
6:45 - 7:30 pm	Cruise on the NYMCAH Boat (max 15 people**)	Sunset Paddle- Canoe or Kayak (Meet Steph at Cadet Beach)	
7:00 -9:00 pm	Full Moon Fire Ceremony (Beach Fire Pit with Mary N.)		
8:45 pm	Fire (Cadet Beach)		

### Saturday, September 9

	OPTION #1	Option #2	OPTION #3
6:45am	Coffee & Tea For Early Risers (Dining Hall)		
7:00-8:00am	Gentle Wake-up Yoga (Rebecca on Roof top)		Morning Paddle - Kayak/Canoe (Meet Steph at Cadet Beach)
8:15-9:00am	Breakfast (Dining Hall)		
9:15- 10:30	Connection Practice (Conlon Lodge with Lesley)	Mindfulness and Meditation (Middler Lodge with Lisa)	What's in your Medicine Basket (Craft shop with Cindy) <i>This program may run to 12:00</i>
11:00 -12:15 pm	Cardio Dance Jam (Conlon Lodge with Lisa Gery) <i>Wear Sneakers</i>	You Are More Than Just Your Zodiac Sign (Middler Lodge with Dorothy M.)	Make your own Bug Spray (Dining Hall Far Side with Lauren and Heather)
12:30p-1:15pm	Lunch (Dining Hall) (Group photo at 1:15pm Dining Hall)		
	<i>Siesta, Beach Time, Canoe Ride...</i>		
2:00-3:15p	AquaFitness (Main Dock with Val)	How to use Gemstones (Conlon Lodge with Patti A.)	Shibori (Craft shop and Rooftop with Anne H.)
4:00-5:00p	Yoga (Roof top with Shelby)	Oneness Blessing (Middler Lodge with Helen)	It's Just Food! 5 Simple Steps to Transforming Your Relationship with Food, Body, Mind & Self (Conlon Lodge with Anne P)
5:30-6:15 pm	Dinner (Dinning Hall)		
6:45 – 7:45pm	Cruise on the NYMCAH Boat (max 15 people**)	Sunset Paddle- Canoe or Kayak (Meet at Cadet Beach with Camp Staff)	
8:00-9:00 pm	Create and Chocolate! (Conlon Lodge with Linda)		

### Sunday, September 10

	OPTION #1	OPTION #2	OPTION #3
6:45am	Coffee & Tea For Early Risers (Dining Hall)		
7:00-8:00am	Morning Yoga (Hall Lodge Roof top with Shelby)		Morning Vigil (Meet Steph at the Chapel)
8:15-9:00am	Breakfast (Dining Hall)		
9:45 – 10:45am	Restorative Yoga (In Conlon Lodge with Val)	<i>Waterfront Open – Take out a boat, paddleboard, swim... take in the views</i>	<i>Craft Shop Open- Wrap up Art Projects</i>
11:00-12:00	Closing Circle (In Conlon Lodge with Steph)		
12:30p-1:15pm	Lunch (Dining Hall)		

\*This schedule is subject to changes. This version was last updated on August 22, 2017. \*\*Workshops and programs with \*\* have a limited number of spots. You will be required to sign-up on the clipboard in the Dining Hall when you arrive.

\*\*\*We kindly ask that you arrive to meal times at the start time.