



Summer Escape Program

FRIDAY 9/23

- 11am-7pm** Check in – Arrival between 11am-4pm is highly encouraged to avoid lines!
- 1-9pm** Lakeside Party
- 5-7pm** Sound Healing baths every 20 min. w/ Seer and Sage | Hall of Feels, Indoor stage
- 8-9pm** **Dinner | Dining Hall**
- 9-11pm** Flow & Glow – Live UV pour painting w/ Matteo's Flows & Alizarinz | Paint tent
- 9:30pm-5am** I FEEL... Party! | Hall of Feels

SATURDAY 9/24

- 9-10am** **Breakfast | Dining Hall**
- 11am-12pm** Roots of the Rave w/ Kaylen T | Pavilion, Lake
- 11am-8pm** Lakeside Party
- 12pm-1pm** Flow Yoga w/ Sabine | Pavilion, Lake
- 1-2:30pm** **Lunch | Dining Hall**
- 1:30-4pm** Headdress crafting workshop w/ Dana | Pavilion, Lake
- 3-4pm** Acro Yoga – w/ Michael Shway | Lakeside (BYO mat)
- 3-5pm** Sound Healing baths every 20 min. w/ Seer and Sage | Indoors
- 5-6:30pm** Working + Living: A Vision Collaging Workshop w/ Jenn | Pavilion, Lake
- 5:30-7pm** Sound Meditation Journey w/ Guy Beider | Indoors
- 5-6:30pm** Pour painting workshop w/ Matteo's Flows and Alizarinz | Paint tent
- 7-8:30pm** **Dinner | Dining Hall**
- 8-10pm** Variety Cabaret w/ Shaye Troha | Indoors
- 10pm-6am** I FEEL- Technesium Party! | Indoors

SUNDAY 9/25

- 5:30-6:30am** Sunrise Meditation | Temple, Lake
- 9-10am** **Breakfast | Dining Hall**
- 10-11:30am** Heart Healing and Activation w/ Kristen | Indoors
- 10-11:30am** Working + Living: A Vision Collaging Workshop w/ Jenn | Pavilion, Lake
- 10am-4:45pm** Closing Party | Lake
- 11-1pm** Sound Healing baths every 20 min. w/ Seer and Sage | Indoors
- 11:30am-12:30pm** Acro Yoga – w/ Michael Shway | Lakeside (BYO mat)
- 1-2:30pm** **Lunch | Dining Hall**
- 5:00 PM** Shuttle Bus Departure | Dining Hall

Premises must be vacated by 5pm Sunday