



## SAMPLE CUSTOM ITINERARY

Friday, June 9, 2023

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3:00 pm	Arrival & Check-in	Main Barn
5:00 pm	Restorative Movement & Meditation	Meditation Hall
6:00 pm	Communal Hydrotherapy & Thermal Suite	Spa
7:30 pm	Seasonal Dinner	Main Barn

Saturday, June 10, 2023

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8:00 am	Morning Movement	Meditation Hall
9:15 am	Breakfast	Main Barn
10:00 am	SSBH Signature Massage	Spa
11:30 am	Sacred Sound Journey	Healing Arts Barn
2:00 pm	Seasonal Lunch	Main Barn
3:00 pm	Open time for relaxation	Main Barn
5:00 pm	Restorative Movement & Meditation	Meditation Hall
6:00 pm	Communal Hydrotherapy & Thermal Suite	Spa
7:30 pm	Seasonal Dinner	Main Barn

Sunday, June 11, 2023

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8:00 am	Morning Movement	Meditation Hall
9:15 am	Breakfast	Main Barn
10:00 am	Energy Balancing Session	Healing Arts Barn
11:00 am	Check-out & Departure	Main Barn