



## Spa Retreat Schedule at Rock Creek Resort

(Updated 8/23/17, Subject to Change)

### Sunday, September 10, 2017

4:00 to 5:00	Welcome, orientation to your journey
5:00 to 6:00	Dinner, meet fellow travelers and the team
6:00 to 8:00	Begin your journey with Pat

### Monday, September 11, 2017

7:00 to 8:30	Yoga/Meditation
8:30 to 9:30	Breakfast
9:30 to 11:30	Workshop
11:45 to 12:45	Nia - Joy of Movement
1:00 to 2:00	Lunch
2:00 to 5:00	Massage/body work
6:00 to 7:00	Dinner
7:00	Close the day with Pat

### Tuesday, September 12, 2017

7:00 to 8:30	Yoga/Meditation
8:30 to 9:30	Breakfast
9:30 to 11:45	Workshop
12:00 to 1:00	Lunch
1:00 to 6:00	Acupuncture and Nature Walk
6:00 to 7:00	Dinner
7:30 to 8:30	Intuitive consult for the group

Destination Spa Retreat  
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### Wednesday, September 13, 2017

7:00 to 8:30	Yoga/Meditation Open
8:30 to 9:30	Breakfast
9:30 to 11:45	Workshop
12:00 to 1:00	Lunch
1:00 to 6:00	Acupuncture and Nature Walk
6:00 to 7:00	Dinner
7:30 to 9:00	Art – explore

### Thursday, September 14, 2017

7:00 to 8:30	Yoga/Meditation
8:30 to 9:30	Breakfast
9:30 to 11:45	Workshop
12:00 to 1:00	Lunch
1:00 to 4:00	Massage/body work
4:30 to 8:30	Explore Red Lodge and Dine in town

### Friday, September 15, 2017

8:00 to 9:00	Yoga/Meditation
9:00 to 10:00	Breakfast and checkout
10:00 to 11:30	Workshop

### Three weeks later

Phone coaching session with Pat

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