

WINTER SOLSTICE WELLNESS RETREAT ITINERARY

All events will take place in the Event Barn at The Lake House.

Saturday, December 21st

6:00pm-8:00pm

Restorative Yoga and Sound Immersion

Sunday, December 22nd

8:00am-9:00am

Gentle Yoga

9:00am-9:30am

Walking Sensory Meditation

9:30am-11:00am

Break

11:00am-12:30pm

Solstice Painting

12:30pm-1:15pm

Mindful Eating & Embodied Movement Practice, Closing Meditation

THE
LAKE HOUSE

ON CANANDAIGUA