



WELLNESS WEEKEND: SAMPLE SCHEDULE

Enjoy a peaceful weekend of wellness and renewal at the Y at Watson Woods. Our schedule will include yoga classes, mindfulness & meditation activities, as well as outdoor adventures and fun. In addition, we will have archery, high ropes, disc golf, corn hole, volleyball, basketball and guided hikes.

FRIDAY

- 3-7 pm: Check in begins in the Main Lobby
- 6-8 pm: Grab n' Go dinner is available
- 9-10 pm: A welcoming gathering with a campfire and s'mores

SATURDAY

- 7-7:45 am: Silent Meditation
- 8-9 am: Breakfast
- 9:30-10:30 am: Mindful Nature Hike
- 9:30 am to Noon: Open Areas
- Archery Range
 - Climbing Tower
- 11 am to Noon: Vinyasa Flow
- 11:30 am-12:30 pm: Jumping Pillow Open
- 12:30-1:30 pm: Lunch in the Dining Hall
- 2-5 pm: Open Areas
- Ax Throwing Range
 - Climbing Tower
- 2-3 pm: Mindfulness Craft
- 3:15-4:15 pm: Journaling Activity with Pair and Share
- 4:45-5:45 pm: Gentle Yoga
- 6-7 pm: Dinner
- 7:30-8 pm: Guided Meditation
- 8:45 pm: Campfire and movie night

SUNDAY

- 7:30-8:30 am: Sunrise Vinyasa Flow
- 9 am: Brunch
- 10-11 am: Mindful Craft
- 10 am to Noon: Open Areas
- Archery Range
 - Climbing Tower
- 11 am to Noon: Closing Circle
- 12:30 pm: Check Out