



DAY	MONDAY (Active Day)		TUESDAY (Active Day)		WEDNESDAY (Active Day)		
7:00	Screenings (LW)	Morning Walk (CC)	Quick FIT (LW)	Morning Walk (CC)	Quick FIT (LW)	Morning Walk (CC)	
7:30	BREAKFAST		BREAKFAST		BREAKFAST		
8:30	Connect (LW)		Connect (LW)		Connect (LW)		
9:00	Move Well ! (LW)	Resistance Bands (LW)	Lean ! Strength Training (LW)	EMOM (LW)	Lean ! Strength Training (LW)	Yoga for Balance (LW)	
10:30	Skyterra Philosophy (CC)	Elevate ! Cardio Training (LW)	Fitness Redefined (CC)	Stress Lecture (LW)	Eating Unplugged (CC)	Elevate ! Cardio Training (LW)	
11:30	Break Time		Break Time		Break Time		
12:00	LUNCH		LUNCH		LUNCH *Silent lunch if desired*		
1:00	Walk (CC)		Walk (CC)		Walk (CC)		
1:30	Health Reviews (CC)	Culinary Demo (CC)	Personalized Nutrition (CC)	Balance + Mobility (LW)	Hike* (CC) 1 - 415 pm	Efficient Fitness (CC)	Arts Workshop (LW) 130 - 3 pm
2:30	Break Time		Break Time			Break Time	
3:00	Earth Yoga (LW) AS	Waterfall Walk (CC)	FIT_10 ! (LW)	Walk Run Well (CC)		Earth Yoga (LW)	
4:15	Building Resilience (CC)	Essential Mobility (LW)	Therapeutic Yoga (LW)		Yoga Nidra Meditation (LW)		
5:30	DINNER		DINNER		DINNER		
6:30	<i>Evening Activity</i>		<i>Evening Activity</i>		<i>Evening Activity</i>		

Color Code	Symbols and Initials	Location Abbreviations	Signature Classes
BLUE = Fitness PURPLE = Education GREEN = Recreation	* = Sign Up ! = High Intensity <i>Take one \$ class at most per day</i>	LW Laurelwood CC Culinary Center HAC Outpost Healing Arts	<u>Connect</u> = Breathing ~ <u>Earth Yoga</u> = Signature Yoga <u>Lean</u> = Strength Training ~ <u>Elevate</u> = Cardio Training <u>Tabata+R</u> = High Intensity Intervals and Restore

DAY	Thursday (Recovery Day)			Friday (Active Day)		Saturday (Active Day)			
7:00	Meditation (LW)	Morning Walk (CC)		Quick FIT (LW)	Morning Walk (CC)		Quick FIT (LW) Morning Walk (CC)		
7:30	BREAKFAST			BREAKFAST		BREAKFAST			
8:30	Connect (LW)			Connect (LW)		Connect (LW)			
9:00	EMOM (LW)	Dance Class (LW)	Waterfall Walk* (CC) 9 - 12 pm	Lean ! Strength Training (LW)	Yoga for Strength (LW)		Partner Workout ! (LW) Waterfall Walk* (CC) 9 - 1130 am		
10:30	Inspired Intentions (CC)	Wall Mobility (LW)		Empowered Portions (CC)	Elevate ! Cardio Training (LW)			Wellness Lecture (CC)	
11:30	Break Time			Break Time		Break Time			
12:00	LUNCH			LUNCH		LUNCH			
1:00	Skyterra Sustainability (CC)		Excursion* (CC) 1 - 4 pm	Walk (CC)		Hike* (CC) 1 - 530 pm	Walk (CC)		
1:30	Stress Lecture (LW)	Culinary Demo (CC)		Nutrition Lecture (CC)			Culinary Demo (CC)		Excursion* (CC) 130 - 530 pm
2:30	Break Time			Break Time			Break Time		
3:00	FREE TIME			FIT_10 ! (LW)	Grocery Store Tour* (CC) 3 - 515 pm		Tabata + R ! (LW)		
4:15	Restorative Yoga (LW)	Reiki + Restore (LW)		Essential Mobility (LW)	Hip Mobility (LW)				
5:30	DINNER			DINNER		DINNER			
6:30	Evening Activity			Evening Activity		REST			

Classes	Classes
<p><u>Quick FIT</u> = 10-15min Workout. Strength and Cardio.</p> <p><u>Tabata+R</u> = 4min Workout. High Intensity. Restore (Stretch Mobility).</p> <p><u>FIT_10</u> = 20min Workout. 10 Different Movements. Highly variable.</p>	<p><u>Therapeutic Yoga</u> = 60min. Breathwork, Gentle Postures, Healing Techniques.</p> <p><u>Restorative Yoga</u> = 60min. Restorative Postures Down Regulate Body & Mind.</p> <p><u>EMOM</u> = Every Minute on the Minute. 4 Different Exercises. 20 Min Workout.</p>

DAY	Sunday (Recovery Day)	Check In Details	Appointments
7:00	Departure Screens (LW)	Guest _____ House _____ Code _____ Orientation (CC) _____ Screening (LW) _____ Screening Review _____ Health Specialist _____ Departure Screening (LW) _____	Dietitian Appointment _____
7:30	BREAKFAST		Wellness Appointment _____
8:30	Connect (LW)		HEALING ARTS:
9:00	Simple Strength (LW)		Massage Appointment _____
10:30	Wall Mobility (LW)		Massage Appointment _____
11:30	Break Time		Massage Appointment _____
12:00	LUNCH		
1:00	Walk (CC)		
1:30	Stress Lecture (LW)		
2:30	Break Time		
3:00	Restorative Yoga (LW)		
4:30	ORIENTATION (CC)		
5:30	DINNER (CC)		
6:30	REST		

“Go forth under the sky and listen to the earth’s teachings.”

THIS IS THE SKYTERRA WELLNESS RETREAT.
 WELCOME BACK. Back to YOU.

Signature Education Class Descriptions

Skyterra Philosophy

Learn the foundation for sustainable change, improved well-being and enhanced wellness- learn the Skyterra Philosophy

Building Resilience

Explore what stress means to you and how to increase resilience and practice acceptance.

Eating Unplugged

Change your eating habits by cultivating awareness around how and why you eat.

Empowered Portions

Encompasses intuitive eating and the importance of portion control, guests will leave with the understanding of proper portion sizes of nourishing foods.

Personalized Nutrition

Address your individual energy needs tailored by each macronutrient. Opportunity to meal plan and implement your nutrition recommendations.

Fitness Redefined

Traditional programs use exercise as a primary driver for weight loss, unfortunately it's not. Come figure what type of fitness is most important.

Efficient Fitness

Preserving lean muscle mass is crucial to maintaining weight loss. Learn how to exercise less but better and walk away with strategies your routine.

Inspired Intentions

Fed up with setting goals that only go well for weeks or months and then end abruptly? Set your goals and uncover your emotional why.

Skyterra Sustainability

This class is designed to review your provided Skyterra resources and handle any wrap up questions so you can remain successful at home.

Signature Fitness Descriptions

Connect

Do you have a breathing practice? Start your day by connecting to your breath, meditating and honoring unplugged space.

Elevate

Higher intensity cardio class involving intervals adaptable to any type of cardio machine. Perfect for all levels as you will work to your specific zone.

Lean

Unique group strength training class, focused on quality, safe intensity and daily living based movements. You'll get LEAN in no time!

Earth Yoga

Yoga is an ancient art based on uniting the mind, body and spirit in harmony with the rhythms of the earth. Join us for this one of kind Yoga Class.