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*20th Annual Wellness Weekend at Lifebridge Sanctuary
Thursday, August 3, 2017 – Sunday, August 6, 2017*

“Namaste!”

*Detailed Itinerary**

Thursday, August 3, 2017

- 1:00pm Arrival starting at 1:00pm at the Lifebridge Sanctuary
- 1:00pm Light Lunch
- 1:30pm Unpack and settle in.
- 3:30pm **Core Strength (20 minutes)**
- 4:00-5:00pm **Yoga (60 minutes)**
- 5:30pm **Welcome – outdoor patio off the kitchen**
- 6:00pm Dinner
- 7:30pm **Journaling** with Rochelle in the Library – bring your tea and writing journal and join us! An optional writing prompt will be provided if you can’t imagine where to begin!

Friday, August 4, 2017

- 7:00-9:30am Self serve Breakfast – A hearty and necessary start to your day! If you cannot get to breakfast before 9:00AM, please be sure to let someone know so they can prepare a plate for you.
- 7:00-7:30am **Journaling** with Rochelle in the Library – grab your coffee and your writing journal and join us! An optional writing prompt will be provided if you can’t imagine where to begin!
- 8:00-9:00am **Yoga (60 minutes)**

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| 10:30am- 12:00pm | Outdoor Hike |
| 12:30pm | Lunch |
| 2:00-3:00pm | Swimming (local pool) or Lawn Games |
| 3:00 – 4:30pm | Free Time! |
| 4:30-5:20pm | Strength Training You Can Do In Your PJs (50 minutes) – The basics needed to maintain strength, balance, and confidence for activities of daily living. Presented in a fun and entertaining format! |
| 6:00pm | Dinner |
| 7:30-9:00pm | Campfire, S’Mores and Sing Along! |

Saturday, August 5, 2017

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| 7:00-9:30am | Self serve Breakfast – A hearty and necessary start to your day! If you cannot get to breakfast before 9:00AM, please be sure to let someone know so they can prepare a plate for you. |
| 7:00-7:30am | Journaling with Rochelle in the Library – grab your coffee and your writing journal and join us! An optional writing prompt will be provided if you can’t imagine where to begin! |
| 8:00-9:00am | Yoga |
| 10:30-12:00pm | Writing Workshop with Tina Barry |

* Tina Barry’s poems and short stories have appeared in many publications, including The Best Small Fiction 2016 (Queens Ferry Press); Drunken Boat; Lost in Thought; Blue Fifth Notebook; and Exposure, an Anthology of Micro-fiction. Mall Flower, her first book of poems and short fiction, was released in late 2015. She is a two-time Pushcart Prize and Best of the Net nominee. Barry teaches Using Personal Experience to Inform the Poem at the Poetry Barn.

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| 12:30pm | Lunch |
| 2:00pm | Swimming (local pool) or Lawn Games |
| 3:00pm– 4:30pm | Free Time! |

4:30-5:20pm **Ballet Class (50 minutes)** – Elegance and grace to express your inner ballerina.

6:00pm **Dinner**

7:30-9:00pm **“Goddess Night”** – *feel free to dress in whatever makes you feel special, sparkly, fun, creative, whatever! The format this year will follow the structure of women’s circles but with some interactive games and dancing! We’ll keep what we love best – the strawberries and chocolate ritual, the candles and the closing. xo*

Sunday, August 6, 2017

7:00-9:30am Self serve Breakfast – A hearty and necessary start to your day! If you cannot get to breakfast before 9:00AM, please be sure to let someone know so they can prepare a plate for you.

7:00-7:30am **Journaling** with Rochelle in the Library – grab your coffee and your writing journal and join us! An optional writing prompt will be provided if you can’t imagine where to begin!

8:00am **Yoga (60 minutes)**

9:30-10:30am **Labyrinth Walk**
The labyrinth at Lifebridge Sanctuary has been built from stones on the property using the design of the Bronze Age labyrinth at Knossos in Crete. It is said that the Knossos labyrinth was presided over by a Great Goddess.

11:00am **Closing Circle** - One of our favorite times! To sit and reflect on the weekend -What was learned, what impacted you, and how to best take these lessons home with you and apply them in your daily life.

12:30pm Lunch

2:00pm Departure

(*Itinerary subject to change based on weather.)