Untamed

The art of becoming

Location: Lazy M Lodging- Caroline
Date: August 20-22, 2027
Time: 4pm-10pm

FRIDAY SCHEDULE

Friday 4 p.m.	Check in	**Unpack, get comfortable, enjoy your goody bags and ease into the weekend at your own pace.** **Creek floating-hot tub-journaling-reading- nature walks**
6-730pm	Welcome Supper	**Share a meal, settle in and begin getting to know the women you're spending the weekend with**
730-9pm	Campfire Connection	**Introductions, lightheated games, conversationg and time to connect without pressure.**
9-10pm	The Release Ritual	Write down something or bring an item you're ready to release. We will burn them in the fire while setting our intentions for what we want for the weekend. Followed by some light free flow movement and grounding activity.

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Location: Lazy M Lodging- Caroline
Date: August 20-22, 2027
Time: 7am-10pm

SATURDAY

Explore · Reconnect · Reclaim
Your day of self-expression, self-care, and stepping into your power

7am	Coffee & Treats	Ease into the morning with a warm drink and something light to eat. Muffins, scones, ect. or continue sleeping.
8-9	Pilates	Gentle, intentional movement to reconnect with your body
9-1030	Self-Care	Services- Facials, Massage, Reiki, Card Reading, Photography Journal, read, explore the trails, creek, hot tub, rest, visit, nap, rage room.
1030-1130	Brunch	Refuel & Prepare for the days activities
1145-1pm	Body painting	Explore self expression, body acceptance and the stories we carry through a creative, body positive experience
1-3pm	Self Care	Take space to reflect after body painting, Services- Facials, Massage, Reiki, Card Reading, Photography Journal, read, explore the trails, creek, hot tub, rest, visit, nap, rage room.
3-6pm	Self Defence Class	Build practical skills, confidence and a stronger sense of personal boundaries
615-715	Supper	Come together to eat and recharge
715-830	Self care	Services- Facials, Massage, Reiki, Card Reading, Photography Journal, read, explore the trails, creek, hot tub, rest, visit, nap, rage room.
830-930	Sound bath	A calming, restorative experience to slow down, reflect & settle into the evening

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Location: Lazy M Lodging- Caroline
Date: August 20-22, 2027
Time: 9am-1:30pm

SUNDAY

Reflect · Rebuild · Return to yourself

7	Coffee & muffins	**A relaxed start to the final morning**
7-9	Slow morning	**Enjoy some sleep, quite time, journal, walk or connect with the group before the final activity.**
9-1030	Broken pieces, new meaning	**Transform the pieces from the rage room into a creative keepsake. An opportunity to reflect on how broken pieces can become part of something new.**
1030-1130	Brunch	One final meal together
1130-130	Letter & pack	a) Letter to yourself b) Gather belongings, tody up and take time to reflect on the weekend
When you leave	Exit mirror affirmations	Close the weekend by looking yourself in the eyes, speaking an affirmation and carrying that feeling of self worth & confidence home. Give Jodi your letter to be mailed to your future self. Goobye