

Wisdom in the Woods - The Art of Returning

Hosted By Cathy Shaw

Daily, Check-in begins at 3:00 PM • Check-out by 11:00 AM

8:30 AM - 10:00 AM	Breakfast	Fuel up and ease into the day at whatever pace the morning calls for.	<i>Old Log Cabin</i>
12:00 PM - 1:00 PM	Lunch	A nourishing midday pause to recharge and breathe before the afternoon unfolds.	<i>Old Log Cabin</i>
5:00 PM - 6:00 PM	Gather Social Hour	Draft beer, sangria, or mocktails and good people to share them with.	<i>Old Log Cabin</i>
6:00 PM - 7:00 PM	Dinner	Come together over a nourishing meal as the day winds down.	<i>Greenhouse</i>

Wednesday, October 21st

4:30 PM - 5:30 PM	Vinyasa Flow	On our first evening together, we'll gather under the open sky to fully arrive. This all-levels vinyasa with Cathy is an invitation to honor the journey that brought you here and begin reconnecting with yourself. Through breath, movement, and mindful awareness, we'll release the pace of the outside world, reconnect with the wisdom of the body, and open ourselves to the stillness and beauty of the natural world around us. We'll use the Barn in case of inclement weather.	<i>Yoga Platforms</i>
7:30 PM - 8:30 PM	Guided Meditation + Sound Bowls	As night settles in, we'll turn inward with a guided meditation accompanied by the gentle, resonant sounds of crystal singing bowls. Allow the vibrations to quiet the noise of the day, soften the body, and create space to simply be. Through breath, stillness, and sound, we'll settle beneath the surface of the busy mind and reconnect with the quiet, grounded presence that is always within us.	<i>Greenhouse</i>
8:30 PM -	Campfire + Wind Down	Spend time around the fire, soak in the cedar hot tubs, make a s'more, look at the stars, or simply be.	<i>Old Log Cabin Terrace</i>

Thursday, October 22nd

8:00 AM - 9:00 AM	All-Levels Vinyasa	Begin the day by listening inward. This accessible all-levels vinyasa invites you to move slowly enough to listen. Through breath, movement, balance, and awareness, we'll explore the body not as something to control or perfect, but as a place to come home to.	<i>Barn</i>
10:00 AM - 12:00 PM	Free Time	Follow your own rhythm. Schedule your complimentary 20-minute massage, rest, connect, explore the trails, cold plunge at the swim pond, hot tub, forest, hammock hideaway, or simply find a quiet place to be. Journal. Read. Nap. There is nowhere else you need to be.	
1:00 PM - 2:00 PM	Hike the Loop	Begin at the path through the Main Camp Yurts. Follow the signs along the trail to learn more about the history, nature, and features of River Mountain. Wherever you are on property, it is very difficult (impossible, perhaps) to get lost.	<i>Begin @ Old Log Cabin</i>
2:30 AM - 3:30 AM	Afternoon Vinyasa	As the afternoon begins to soften, we'll gather once more on the mat. This slower, grounding vinyasa invites you to release the accumulated energy of the day and reconnect with the sensations, breath, and awareness beneath the surface. A practice in remembering that you don't have to go anywhere to arrive. We'll use the Barn in case of inclement weather.	<i>Yoga Platforms</i>

7:30 PM - 8:30 PM	E.A.S.E. with Lydia Hellums	What if change doesn't require forcing your way forward? Join guest teacher Lydia Hellums, coach, yoga teacher, bodyworker, and creator of The E.A.S.E. Method™, for an interactive evening exploring how to quiet the noise, reconnect with yourself, and move forward from a place of alignment rather than pressure. Through reflection, embodiment practices, and meaningful conversation, explore what it means to trust what you already know.	Barn
8:30 PM -	Campfire + Wind Down	Fire. Stars. Hot tubs. S'mores. Conversation. Quiet.	Old Log Cabin Terrace

Friday, October 23rd

8:00 AM - 9:00 AM	All-Levels Vinyasa	Listen for what you already know. This grounding morning practice invites you to move with intention, honoring what you've noticed and discovered so far. Through breath, movement, and awareness, we'll explore the difference between moving from habit and moving from presence.	Barn
10:00 AM - 12:00 PM	Card + Collage: Make Your Own Tarot	Return to your own symbolism. Join Jaime Horton for an exploration of several Major Arcana archetypes, what they represent, where they appear in our lives, and why these timeless images continue to resonate. Then create your own tarot card using curated magazines and symbolic imagery, choosing the images, words, and symbols that speak to something meaningful within you. No artistic experience necessary. Just curiosity.	Old Log Cabin
1:30 PM - 3:00 PM	Woodburning Workshop	Relax and learn the art of wood burning! Design your own charcuterie wood board to take home.	Greenhouse
1:00 PM - 5:00 PM	Free Time	A wide-open afternoon to follow your own rhythm. Rest. Hike. Journal. Read. Swim. Soak. Receive your complimentary massage with Lydia. Or simply do nothing. This is intentional space.	
8:30 PM -	Open Evening + Campfires	No formal programming. Follow what feels right. Gather around the fire. Soak in the cedar hot tubs. Make a s'more. Have a conversation that lasts longer than expected. Sit quietly beneath the stars. Let the evening be yours.	Yurt Fires

Saturday, October 24th

8:00 AM - 9:00 AM	Closing Vinyasa	Our final practice together is an invitation to gather everything we've explored over these days and carry it into the body. Through breath, movement, stillness, and awareness, we'll reconnect with the spaciousness we've cultivated here and with the part of ourselves that was never actually lost. We'll practice not holding onto this experience, but trusting that what we've discovered within ourselves can travel with us beyond these woods and into everyday life. Because the real practice isn't staying here. It's remembering how to find this place within ourselves when we leave.	Barn
10:00 AM -	Closing Gathering	The Art of Returning. A final gathering to reflect on the experience, share what we're taking with us, and consider what it means to return home without leaving ourselves behind.	Old Log Cabin Terrace