

# Sugar Creek Retreat

## YOGA AND WILD FOOD RETREAT

### Day 1

**3:00-7:00pm**

*Check in, welcome basket with herbs, orientation of the facility.*

**6:30 pm**

*Buffett style dinner with introductions.*

### Day 2

**7:30 am**

*45 Minute yoga session either on the patio surrounded by 100' trees or overlooking the park.*

**8:30 am**

*Smoothie/ juicing instruction and normal food prep workshop. We prepare a smoothie for you while explaining why certain ingredients are selected and the healing properties for each. Vitamins.*

**9:00 am**

*Breakfast, teaching bread types and how to cook eggs for maximum nutrition.*

**10:00 am**

*Wild food foraging hike then depart to ancient sandstone cliffs.*

**12:00pm**

*Lunch. We prepare meals based on their nutritional content and using wild ingredients. We show you the difference between each food selected whether it be greens, meats or condiments. Vitamins.*

**2:00pm**

*Fermentation workshop discussing the benefits of fermented foods and how to make kombucha.*

**3:00-6:00 pm (public speaker as schedule permits)**

*Destination yoga and introduction to earthing walk. Journaling.*

**6:00 pm**

*Dinner provided as well as all necessary herbs and probiotics.*

**7:30pm**

*Bonfire circle and games.*

*\*Sleep is critical to healing and we invite you to try some nervous system relaxing teas and get some of the best sleep you have ever had in your life*

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### Day 3

**7:30 am**

*45 Minute yoga session overlooking the cliffs of the Sugar Creek.*

**8:30 am**

*Smoothie/ juicing instruction and normal food prep workshop. We prepare a smoothie for you while explaining why certain ingredients are selected and the healing properties for each. Vitamins.*

**9:00 am**

*Breakfast teaching cereal and grains alternatives.*

**10:00 am**

*Wild food foraging hike for wild teas then depart to Waterfalls canyon.*

**12:00pm**

*Lunch. We prepare meals based on their nutritional content and using wild ingredients. We show you the difference between each food selected whether it be greens, meats or condiments. Vitamins.*

**2:00pm**

*Allergy testing workshop and mineral deficiency test.*

**3:00-6:00 pm (public speaker as schedule permits)**

*Wild flower gardens yoga, Journaling.*

**6:00 pm**

*Dinner provided as well as all necessary herbs and probiotics.*

**7:30pm**

*Bonfire circle and reflection of what you've learned.*

### Day 4

**8:00am**

*Breakfast and fresh juice.*

**9:30am**

*Revitalize yoga and good bye ceremony*

**11:00 am**

*Check out.*