

HERON'S HOLLOW WELLNESS RETREAT

May 30th - June 1st, 2025

FRIDAY

2:00PM
CHECK-IN

6:00PM
DINNER

8:15PM
YOGA NIDRA

Amenities

24/7 Jacuzzi Access

Kayaking

Paddle-Boarding

Hiking Trails

Fishing

Bonfires & S'mores
throughout weekend



SATURDAY

6:30AM
YOGA CLASS

8:00AM
COFFEE & TEA
MOBILE BAR

8:30AM
BREAKFAST

10:15AM
YOGA CLASS

11:45AM
LUNCH

1:30PM
WINE TASTING &
PAINTING

4:00PM
YOGA CLASS

6:00PM
DINNER

8:15PM
YOGA NIDRA

SUNDAY

7:30AM
YOGA CLASS

8:00AM
COFFEE & TEA
MOBILE BAR

9:00AM
FAREWELL BRUNCH

Massage: Didn't pre-book? We'll schedule you at check-in.

Morning coffee & tea:
Available each morning
from 8AM-10AM

Bonfires: Got a guitar?
We won't discourage it!

Hiking: Sturdy shoes
highly encouraged

Jacuzzi: Bring a bathing
suit! (towels provided)