

**Scotch Creek Retreat  
Draft Itinerary  
May 13-15, 2022**



**Friday, May 13th**

3pm(ish) – Arrive at Retreat house in Scotch Creek -> 1039 Scotch Creek Wharf Road, Scotch Creek

Check -in and get to know other health retreaters

*\*If you would like to check in earlier just let me know. Anytime after 1pm is fine :)*

4pm – Full body circuit workout (45 min)

4:45 – Walk to Captain’s Village Marina (30ish min)

5:30-6:45 – Time to shower & relax

6:45pm – Dinner

8:00pm – Workshop: 2<sup>nd</sup> half of 2022 Goal Setting. There’s nothing like getting away from the everyday stresses of life, moving your body and getting fresh air to let your brain start thinking more clearly...or maybe outside the box of routine life. I’ll guide the group through a goal setting workshop so you can make the most of the next 6 months.

*9:00pm – Evening Yoga*

**Saturday, May 14th**

8am – Morning circuit workout (45 min)

9:00am – Shower/breakfast

10:30 am-ish – Leave for hike

Hike – Mt Baldy Lookout Trail – This is a 6.9 km route (approx. 2-2.5 hrs) with gorgeous lookouts over Shuswap Lake. There is an option to make this shorter for those who may prefer, and turn around at the first lookout.

<https://www.alltrails.com/trail/canada/british-columbia/mount-baldy-loop>

Late afternoon – time to relax, read, journal, enjoy the gorgeous house & hot tub.

6:45pm – Dinner

9pm – Evening Yoga

**Sunday, May 15th**

8am – Circuit Workout (30 min) & Morning Stretch (30 min)

9:00 – Shower/Breakfast

11:00- Check out of house

**\*\*Optional short hike to Evelyn Falls ( a short 50 min hike to a beautiful waterfall)**

## Notes:

- This is a draft itinerary to give you an idea how the weekend will run. Modifications may be made and we will go with the flow a bit throughout the weekend 😊
- **Everything is optional!** This is your retreat, so if you aren't into running or yoga, no worries you can pass on those activities.
- All workouts can be modified to every level, so no worries if you are new to fitness (or making a return to a more active lifestyle).
- We will be working out rain or shine, so please bring lots of layers and maybe an extra set of running shoes if you have them. Although fingers are crossed for a sunny weekend!
- **Bring a water bottle and a small backpack (for the hike), as well as your own yoga mat.** If you have a set of weights you can bring, please bring those too.
- Meal prep times will be posted once we get to the house. You can join in and learn a few new recipes or use that time for yourself and join us at mealtime.
- There will be snacks and green smoothies available throughout the day – you will be well fueled for all workouts and hikes!
- For downtime, please feel free to bring a book, journal, set of cards, board game or anything else you would like that will help you relax, refresh and recharge.