

Enchanted Ridge Dance Retreat 2019

Tentative schedule

Wednesday

12pm arrival
12-2pm set up camp/swim/relax
2-3:30pm orientation
3:30-4:30 dance class
4:30-6:30 free time
6:30 dinner

Thursday

7:30-8:30 sauna/breakfast
8:30-9:30 pilates
9:40-11:20 dance class (Dana)
11:30-12:30 yamuna body rolling
12:30-3:30 lunch break/massage
3:30-5:30 choreography
5:30-6:30 free time/massage/extra class
6:30 dinner/campfire/sauna

Friday

7:30-8:30 sauna/breakfast
8:30-9:30 yoga
9:40-11:20 dance class (Jessica)
11:30-12:30 yamuna body rolling
12:30-3:30 lunch break/massage
3:30-5:30 choreography
5:30-6:30 free time/massage
6:30 dinner/campfire/dance party

Saturday

7:30-8:30 sauna/breakfast
8:30-9:30 pilates
9:40-11:20 dance class (Dana)
11:30-12:30 yamuna body rolling
12:30-3:30 lunch break
3:30-5:30 choreography
5:30-6:30 free time/massage
6:30 dinner/campfire/sauna

Sunday

8-9 sauna/breakfast
9-9:30 partner yoga
9:30-11:15 dance class (Jessica)
11:30-12 closing circle (full participation is expected)
12pm prep for departure/lunch
12:30 lunch
1-2pm departure