

2023 Transformative Wellness & Wellbeing Retreat Pine Acres Camp - Mariner's Lodge – Lake Allatoona

Friday, March 17, 2023

4:00p.m. 5:30p.m. Check-in / Pickup Welcome Bag

Get Pod/Sleeping Accommodations Assignment

Free Time to Explore the Grounds

6:00p.m. 6:30p.m. Welcome | *2023 is About Refining Me!* | Daily Affirmation

History of Pine Acres Forest Camp & Carver Park

Retreat Overview | Purpose | Goals | Objectives

Libation Ceremony | Honoring Ancestors

7:00p.m. 8:00p.m. Delicious Healthy Dinner | After Dinner Walk

8:30p.m. 9:30p.m. Engaging Fire Ring Introductions

9:45p.m. 10:00p.m. Qigong for Relaxation & Sleep

10:00p.m. Quiet Time

Saturday, March 18, 2023

6:00a.m. 7:15a.m. *Bio-Impedance Analysis (Optional)

7:30a.m. 7:45a.m. Qigong Morning Stretch | Daily Affirmation

Tai Chi for Focus | Forest Bathing | Walking Meditation

8:00a.m. 9:00a.m. Delicious Healthy Breakfast | After Breakfast Walk

9:30a.m. 11:00a.m. Wellness & Wellbeing | Seasonal Harmonious Living

11:30a.m. 1:00p.m. Wellbeing | Mindfulness & Meditation Techniques

1:00p.m. 2:00p.m. Delicious Healthy Lunch | After Lunch Walk

2:30p.m. 4:00p.m. Pillars of Lifelong Healthy Habits

4:30p.m. 5:30p.m. Wellbeing Workshop | Living Your Purpose
5:45p.m. 6:45p.m. Wellbeing | Staying Motivated for Lifelong Results
7:00p.m. 8:00p.m. Delicious Healthy Dinner | After Dinner Walk
8:30p.m. 9:30p.m. 'Releasing' Fire Ring Burning Ceremony
9:45p.m. 10:00p.m. Qigong for Relaxation & Sleep
10:00p.m. Quiet Time | Mindful Meditation

Sunday, March 19, 2023

6:00a.m. 7:15a.m. *Bio-Impedance Analysis (Optional)
7:30a.m. 7:45a.m. Qigong Morning Stretch | Daily Affirmation
Forest Bathing | Walking Meditation
8:00a.m. 9:00a.m. Delicious Healthy Breakfast | After Breakfast Walk
9:30a.m. 10:00a.m. Transformation Action Plan Toolkit Review
10:00a.m. 10:30a.m. Transformative Closing Session | Reflections
11:00a.m. Check out

Water and healthy snacks will be provided throughout the retreat.

[Download a copy of this Itinerary here.](#)

**Bioimpedance is a noninvasive measurement of your body composition that calculates your percentage body weight, fat weight, and lean weight, based on your gender, age, height, and total weight, it includes calculations of your body fat, lean body weight, basal metabolic rate (BMR), and total body water (TBW) of which you will receive a printed readout of your results for your personal use. The accuracy is comparable to the best techniques available to the health-care community. This is an optional bonus, at no additional cost to you as an attendee at this retreat. This analysis can cost as much as \$150. Analyses will be scheduled by appointment.*