

Session Number & Time	Activity Name	Maximum Participants	Activity Description
Session 1 - 10-10:50 am	Coffee/Tea Tasting	10	Coffee and tea lovers will want to join this session! Taste a variety of blends and maybe even learn to make a few drinks! Maximum of 10 participants.
Session 1 - 10-10:50 am	Kayak/Canoe	15	Enjoy the open water of Flint Lake! Hang out on the dock, sit at the picnic tables, or hop in a canoe or kayak to drift and paddle on the lake. Maximum of 15 participants.
Session 1 - 10-10:50 am	Massage	5	Forget about any stress and take some time just for you with a 30 minute massage! Cost is \$30. Each massage will be in a private cabin.
Session 1 - 10-10:50 am	Succulents 101	12	Learn the basics of keeping succulents, how to propagate, and make your very own terrarium! Maximum of 12 participants.
Session 1 - 10-10:50 am	SUP (Stand Up Paddle board)-Yoga	10	Step up your yoga game by trying some yoga positions on a paddleboard on Flint Lake! Maximum of 10 participants.
Session 1 - 10-10:50 am	Yoga	12	Clear your mind with yoga practices in the beautiful outdoors. Bring your favorite yoga mat to relax your body and soul. Maximum of 12 participants.
Session 1 - 10-10:50 am	Dance Fitness	15	Get moving and active by joining Bri in a fun and energizing dance class! Sweat as much as you want to, modify anything you need and learn some dance moves for the evening festivities. Maximum of 15 participants.
Session 2 - 11-11:50 am	Archery	12	Develop your focus and your bad a** self at the archery range! Refine your skills or learn a new one with an instructor. Maximum of 12 participants.
Session 2 - 11-11:50 am	Kayak/Canoe	15	Enjoy the open water of Flint Lake! Hang out on the dock, sit at the picnic tables, or hop in a canoe or kayak to drift and paddle on the lake. Maximum of 15 participants.
Session 2 - 11-11:50 am	Macrame Workshop - Wall Hanging Décor	12	Learn the basics of macrame with a modern twist! This session will teach participants common macrame knots and you will walk away with a creation of your own. Participants will make their very own Driftwood or Hoop Wall Hanging. Then, you can further customize your creation by dip-dyeing it. Maximum of 12 participants.
Session 2 - 11-11:50 am	Massage	5	Forget about any stress and take some time just for you with a 30 minute massage! Cost is \$30. Each massage will be in a private cabin.
Session 2 - 11-11:50 am	Painting Class	10	Combine Modern Farmhouse vibe with Rustic Charm by painting a warm greeting for your home. Maximum of 10 participants.
Session 2 - 11-11:50 am	Pound	15	Join this rockout workout! A full body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Maximum of 15 participants.
Session 2 - 11-11:50 am	SUP (Stand Up Paddle board)-Yoga	10	Step up your yoga game by trying some yoga positions on a paddleboard on Flint Lake! Maximum of 10 participants.
Session 3 - 1-1:50 pm	Archery	12	Develop your focus and your bad a** self at the archery range! Refine your skills or learn a new one with an instructor. Maximum of 12 participants.
Session 3 - 1-1:50 pm	DIY Spa	10	Make your own spa products for your daily beauty routine. Maximum of 10 participants.
Session 3 - 1-1:50 pm	Free Time	unlimited	Whether you choose to go on a self-led hike, find a relaxing spot to meditate, catch some zzz's, read a book by the fire or something else entirely- it's up to you how you want to spend your time!

Session 3 - 1-1:50 pm	Macrame Workshop - Plant Hanger	12	Learn the basics of macrame with a modern twist! This session will teach participants common macrame knots and you will walk away with a creation of your own. Participants will make their very own contemporary plant hanger. Then, you can further customize your creation by dip-dyeing it. Maximum of 12 participants.
Session 3 - 1-1:50 pm	Massage	5	Forget about any stress and take some time just for you with a 30 minute massage! Cost is \$30. Each massage will be in a private cabin.
Session 3 - 1-1:50 pm	Painting Class	10	Combine Modern Farmhouse vibe with Rustic Charm by painting a warm greeting for your home. Maximum of 10 participants.
Session 3 - 1-1:50 pm	Yoga	15	Clear your mind with yoga practices in the beautiful outdoors. Bring your favorite yoga mat to relax your body and soul. Maximum of 15 participants.
Session 4 - 2-2:50 pm	Craft	18	Get crafty and spruce up your home for the season! Maximum of 18 participants.
Session 4 - 2-2:50 pm	Free Time	unlimited	Whether you choose to go on a self-led hike, find a relaxing spot to meditate, catch some zzz's, read a book by the fire or something else entirely- it's up to you how you want to spend your time!
Session 4 - 2-2:50 pm	Massage	5	Forget about any stress and take some time just for you with a 30 minute massage! Cost is \$30. Each massage will be in a private cabin.
Session 4 - 2-2:50 pm	Mixology	15	Learn to wow your friends by becoming an expert bartender for your party or gathering. There may even be a few samples to go around! Maximum of 15 participants.
Session 4 - 2-2:50 pm	Self Defense	12	Build your confidence and self-defense skills through dynamic and interactive scenarios. Maximum of 12 participants.
Session 4 - 2-2:50 pm	Wine Tasting	15	Whether you're a professional sommelier or just love some wine in your backyard, join us for a wine tasting. Maximum of 15 participants.
Session 5 - 3-3:50 pm	Craft	18	Get crafty and spruce up your home for the season! Maximum of 18 participants.
Session 5 - 3-3:50 pm	Free Time	unlimited	Whether you choose to go on a self-led hike, find a relaxing spot to meditate, catch some zzz's, read a book by the fire or something else entirely- it's up to you how you want to spend your time!
Session 5 - 3-3:50 pm	Massage	5	Forget about any stress and take some time just for you with a 30 minute massage! Cost is \$30. Each massage will be in a private cabin.
Session 5 - 3-3:50 pm	Mixology	15	Learn to wow your friends by becoming an expert bartender for your party or gathering. There may even be a few samples to go around! Maximum of 15 participants.
Session 5 - 3-3:50 pm	Tablescape Decorating	12	Learn the art of tablescaping by creatively and intentionally arranging a tabletop. Maximum of 12 participants.
Session 5 - 3-3:50 pm	Wine Tasting	15	Whether you're a professional sommelier or just love some wine in your backyard, join us for a wine tasting. Maximum of 15 participants.