

Program Schedule

Thursday

1:00pm

Arrival & Check-In

1:30pm Stretch Class

2:00pm

Orientation

Property Tour

3:00pm

Hike

5:00pm

Downtime (Sauna, pool, plunge)

6:00pm

Breathwork & Meditation

7:00pm

Dinner

8:00pm

Zero proof cocktails and Q&A with

Dr Natalie Walsh

Friday

6:00am Wake Up

6:30am Stretch

6:50am Breakfast

7:30am Hike Departure (2 or 4 hours)

11:00am Pilates

12:00pm Lunch on a flow

1:00pm

Wellness Session with Dr. Natalie Walsh

2pm / 3pm / 4pm

Strength Training (Total Body) & Massages

5:00pm & 6:00pm

Yoga & Massages

7:00pm Dinner

8:00pm

Sound Bath

Saturday

6:00am Wake Up

6:30am Stretch

6:50am Breakfast

7:30am Hike (1 hour)

8:30am

Organized Activities End

9:30am-9:45am

Place luggage outside of your door for assistance with your departure.

10:00am

Check-out for all guests

Complimentary

Ranch Van to EWR Departs.