



SEPTEMBER 2025

Wednesday 3rd - Sunday 7th

WEDNESDAY 3	time	location
Registration	2:00 pm - 5:00 pm	Longhouse (#78)
Late Registration	5:00 pm - 9:00 pm	Rockywold Office (#22)
Dinner	6:00 pm - 7:00 pm	Rockywold Dining Hall (#23)
Opening Ceremony	8:00 pm - 9:00 pm	Playhouse (#48)

THURSDAY 4	time	location
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Classes	9:00 am - 12:00 pm	
Lunch	12:15 pm - 1:15pm	Rockywold Dining Hall
Classes	1:30 pm - 3:30 pm	
Gentle Stretch Yoga	4:30 pm - 5:45 pm	Sap House (#38)
Dinner	7:00 pm - 8:00 pm	Rockywold Dining Hall
Evening Event	7:30 pm - 8:30 pm	Playhouse

FRIDAY 5	time	location
Morning Meditation	7:00 am - 7:45 am	Deephaven Dock
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Classes	9:00 am - 12:00 pm	
Lunch	12:15 pm - 1:15 pm	Rockywold Dining Hall
Classes	1:30 pm - 3:30 pm	
Dinner	7:00 pm - 8:00 pm	Rockywold Dining Hall
Evening Event	8:00 pm - 9:00 pm	Playhouse

SATURDAY 6	time	location
Group swim	7:00 am - 7:30 am	Deephaven Dock
Breakfast	7:30 am - 8:30 am	Rockywold Dining Hall
Play & Explore	* ALL DAY *	hike, kayak, swim, relax
Lunch	12:15 pm - 1:15pm	Rockywold Dining Hall
Group Photo	1:45 sharp	Rockywold Dining Hall
EXTRAS	2:00 pm - 5:00 pm	TBA
Rest + Renew	* ALL DAY *	nap, knit, chat, sketch
Dinner	7:00 pm - 8:00 pm	Rockywold Dining Hall
MARKETPLACE	8:15 pm - 9:30 pm	Playhouse

SUNDAY, 7	time	location
Breakfast	7:30 am - 9:00 am	Rockywold Dining Hall
Check out	11:00 am	

NOTE:

There will be YOGA in Sap House (#38) 4:30pm - 5:15pm on Wednesday for anyone who wants to stretch a bit after your long travel.

Mats provided for all yoga classes.