

# ITINERARY



Kick off the day with a hearty farm breakfast before heading out to get your hands dirty. Help milk & tend the goats, collect eggs & harvest veggies for our farm-to-table meals. Staff-led workshops in the field and on the farm are designed to provide the perfect exhale. Give your hard-working team the space to relax into deeper connection with the land and with each other. With work-play balance in mind, we develop an itinerary that fits your needs from start to finish.

## SUGGESTED ITINERARY

	DAY 1	DAY 2	DAY 3
	12:00 pm Settle in & welcome lunch	8:00 am Breakfast	8:00 am Breakfast
	1:30 pm Team time	9:00 am Farm chores	9:00 am Fermentation**
	5:00 pm Field & forest hike	10:30 am Team time	10:30 am Team time
	6:00 pm Creekside cocktails*	12:30 pm Lunch	12:30 pm Departure
	6:30 pm Fireside Cookout Dinner	1:30 pm Team time	
	8:00 pm S'mores Session	4:30 pm Yoga in the field**	* With wine & local beer
		6:00 pm Field Dinner	** Choose two choices from below.
		8:00 pm Bonfire bonding	

## CHOOSE TWO

Retreat pricing includes two F&F led offerings, in addition to morning chores. Choose from the options below to best suit your group.

- > *Seasonal Cooking Class:* Harvest garden fresh veggies & prepare a delicious meal.
- > *Fermentation:* Learn this ancient art of food preservation, while making sauerkraut or kimchi to take back to the office.
- > *Local Farm Tour (3 hours):* Tour a near-by 900-acre biodynamic production farm doing important regional work in regenerative agriculture.
- > *Yoga:* In the field or in the barn studio, a restorative 60-minute class designed with the needs of your group in mind.
- > *Forest Walk:* Engage your senses and observe your surroundings with a guided contemplative walk.
- > *Boot Camp:* Use the forest, pasture & barnyard for an ass-kicking workout that whips the team into shape, while building team spirit.