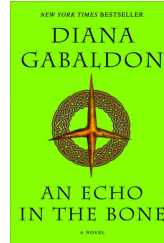


# Itinerary

## "Everything Outlander" Retreat – 'An Echo in the Bone'



April 26<sup>th</sup> – 29<sup>th</sup>

### Friday, April 26

**\*\* All Activities are Optional \*\***

- 2:00 pm - 3:00 pm**      Check-in at 'The Big House' & settle into your cozy cabin
- 3:00 pm – 3:30 pm**      Refreshments / Meet & Greet  
*Assorted Cheeses & Crackers, Nuts, Bones*
- 3:30 pm – 4:30 pm**      'The Great Dismal' Experience!
- 4:30 pm – 5:15 pm**      Welcome & Orientation  
  
Introductions
- 5:30 pm – 6:30 pm**      Supper – Annie MacDonald's Soup Night! *Bone Broth Chicken Soup, Vegetarian 'Bone Broth' Soup, Cast Iron Cornbread & Butter, Green Salad, Buttermilk Ranch Dressing*      \*Cream Cheese Brownies
- 7:00 pm**                      Calling of the Fans Fire Pit Ceremony  
  
   'Songs of Love & Death'
- 9:00 pm**                      Late Night Gathering – Starz Viewing, Hot Tub, Games, Puzzle, Craft, visit.

## Saturday, April 27

### Wear Lime Green Day

- 8:30 am – 9:00 am      Breakfast – *Scottish Breakfast! (scrambled eggs, baked beans, fried tomatoes & mushrooms, tattie scones)*
- 9:10 am                      A wee bit of the Gaelic with Jan & Kay – lesson 1
- 9:15 am – 10:00 am      Book Club Discussion with Lisa – Session A
- 10:15 am – 11:00 am      Zoom Guest Speaker
- 11:30 am – 12:30 pm      Craft with Bea & Cecile – *Cartonnage Crayon Holder*
- 12:30 pm – 1:30 pm      Lunch (on your own) BYO – or to Allenspark for Pizza or Café
- 1:45 pm                      A wee bit of the Gaelic with Jan & Kay – lesson 2
- 2:00 pm – 2:45 pm      Book Club Discussion with Lisa – Session B
- 3:15 pm – 4:15 pm      Outlandish Yoga with Pacha Mama – *Yoga Connections for Healthy Bones*
- 4:15 pm – 4:30 pm      Collect Stones for Craft
- 4:30 pm – 5:30 pm      Craft with Cat – *Stone Circle*
- 6:00 pm – 7:00 pm      Supper – All Things Quaker *Vinegar Braised Chicken served over Rice, Vegetarian Quaker Barley with Mixed Vegetables, Quaker Oatbread, Broccoli Slaw \*Quaker Parsnip Cake*
- 7:30 pm                      ‘Echo’ Sound Bath – A soothing auditory and vibrational experience of crystal singing bowls, gongs, chimes, and other healing instruments – great for relieving stress & improving sleep. Ahhhh – can you say Retreat?
- 9:00 pm                      Late Night Gathering – Starz Viewing, Hot Tub, Games, Puzzle, Craft, visit

## Sunday, April 28

8:30 am - 9:00 am      Breakfast – *Hal's Shirred Eggs, Simon Fraser's Grits & Honey, Outlander Kitchen Stewed Pears*    *\*Bree's Celebratory Champagne Mimosas*

9:05 am                      A wee bit of the Gaelic with Jan & Kay – lesson 3

9:15 am – 10:00 am      Book Club Discussion with Lisa – Session C

10:15 am – 11:00 am    Nexus (Gratitude) Scavenger Hunt

11:00 am – 12:00 pm    Craft with Bea & Cecile – *Cartonnage Part 2*

12:30 pm – 5:00 pm      Lunch (on your own) & Free Time

Clothing Swap

2:00 – Optional 'Echo' Hike (visit our little, local Grand Canyon and practice echoes)

5:00 pm – 5:30 pm      Set-up and Dress-up for Supper Party

5:30 pm – 6:30 pm      Dress-Up Supper – '[Party Like it's 1776!](#)' *Braised Pork Loin, Vegetarian Meat Loaf, Ian's Succotash, Leek & Potato Casserole*    *\*Cheesecake & Berries*

6:30 pm                      Group Photo – Bring your An Echo in the Bone Book

7:00 pm                      [Game Night](#) – Hosted by South Louisiana Sassenachs!  
American Revolution and Echo Trivia 'Chutes & Ladders'  
*Drunken Bumble Bee Cocktail & Mocktail*

9:00 pm                      Late Night Gathering – Starz Viewing, Hot Tub, Games, Puzzle, Craft, visit

## Monday, April 29

**8:30 am - 9:30 am**      **Breakfast – *Garden Veggie Frittata, Mrs. Bug’s Last Parritch, Jamie’s Cinnamon Buns***

**10:00 am – 11:00 am**      **Great Dismal Slideshow & Closing Ceremony**

**12:00 pm**                      **Check out**