

Winter Warmth Art Retreat 2025 Schedule

We are soooo jazzed about the flow of this retreat. We strive to strike a balance between play, depth, community, and solo time.

Please note that this is a proposed daily schedule subject to shift depending on group needs and allowing space for spontaneity. Morning and afternoon workshops will be facilitated by Chantelle and Eon, and there will be time in the evening for community lead workshops and offerings if desired.



Our goal is to have a movement practice... yoga, dancing, shaking.. at least once per full day. We also plan to have a group art + ritual practice daily. The sauna will be lit once per day on Wednesday to Saturday. You may cold plunge, walk the woods, and use the hot tub anytime of day or night. We kindly ask that there is no talking upon waking up until 8:30am to invite in the gentle and beautiful silence of the morning.

Workshops that may be held within the space – The final workshop schedule will be chosen based on the groups formation and inspiration :

- Contemplative Movement Practice
- Sensuality ritual
- Restorative Yoga
- Art from intuition (automatic drawing)
- Honoring your inner artist (self love ritual)
- Costume dinner party
- Authentic relating
- Intuitive Collaging
- Sound and song circle
- Collaborative sculpture
- Aura painting circle
- Guided instrument and sound play
- Tea meditation

Finally, we want to remind you that the schedule is an invitation and not an obligation. You are welcome to opt out and in as you please throughout our time together!

Day 1 : Wednesday, February 5

2pm - 3:30pm : Arrival. Settle in.

3:30pm - 5pm : Opening Circle & Aura Painting

5pm - 6pm : Sauna is on and available.

6:30pm - 7:30pm : Dinner

7:30pm - 8pm : Dinner Clean & Kitchen Orientation:

8pm - 9pm : Tea ritual – Led by Eon

9pm - 10pm : Yin Yoga – Led by Chan

10pm : Free time for art, connection, and rest.

Day 2 : Thursday, February 6

Morning:

6:30am - 8:30am : DIY breakfast, silent morning

8:30am - 9:30am : Meditation & Restorative Yoga – Led by Chan

9:30am - 10am : Morning check in

10am - 11am : ART + RITUAL WORKSHOP

11am - 1pm : Free time for art, connection, and rest. Sauna is lit and ready for you at 11am.

Afternoon:

1pm - 2pm : Lunch

2pm - 2:30pm : Lunch clean

2:30pm - 3pm : Free time

3pm - 4pm : ART + RITUAL WORKSHOP

4pm - 6:30pm : Free time for art, connection, and rest

Evening:

6:30pm - 7:30pm : Dinner

7:30pm - 8:00pm : Dinner clean

8pm : Space for a community offering

Day 3 : Friday, February 7

Morning:

6:30am - 8:30am : DIY breakfast, silent morning

8:30am - 9:30am : MOVEMENT & MEDITATION WORKSHOP

9:30am - 10am : Morning check in

10am - 12pm : Free time for art, connection, and rest.

Afternoon:

12pm - 1pm : Lunch

1pm - 1:30pm : Lunch clean

1:30pm - 2pm : Free time

2pm - 3 pm : ART + RITUAL WORKSHOP

3pm - 6pm : Free time

Evening:

6pm - 7pm : Dinner

7pm - 7:30pm : Dinner clean

7:45pm : Sauna is lit and available.

8:30pm : Free time + community offering

Day 4 : Saturday, February 8

Morning:

6:30am - 8:30am : DIY breakfast, silent morning

8:30am - 9:30am : MOVEMENT & MEDITATION WORKSHOP

9:30am - 10am : Morning check in

10am - 1pm : Free time for art, connection, and rest. Sauna is lit for 10:30am

Afternoon:

1pm - 2pm : Lunch

2pm - 2:30pm : Lunch clean

2:30pm - 3pm : Free time

3pm - 4 pm : ART + RITUAL WORKSHOP

4pm - 6:30pm : Free time

Evening:

6:30pm - 7:30pm : Dinner

7:30pm - 8:00pm : Dinner clean

8:00pm - 9:00pm : ART + RITUAL WORKSHOP

9pm : Free time begins, space for community offering

Day 5 : Sunday, February 9

Morning:

6:30am - 8:30am : DIY breakfast, silent morning

8:30am - 9am : MOVEMENT & MEDITATION WORKSHOP

9am - 10am : ART + RITUAL WORKSHOP

10am - 1pm : Free time for art creation, rest, and packing up.

Afternoon:

1pm - 2pm : Lunch

2pm - 2:30pm : Lunch clean

2:30pm - 4pm : Closing circle & final art share

4pm - 5pm : Say goodbye and head home! We'll miss you!

