



Camp Fire Alaska's 2019 Wild Women of Wohelo Retreat Schedule:

Saturday, August 3rd

- 9:00 – 10:00 Arrive/Check in/Settle in at Camp K
- 10:30 Gather up for welcome – Choose a Camp Name Session
- 11:15 Lunch on the beach (weather permitting)
- 12:15-12:45 Light Yoga (bring your own mat), or time to chat, wander the beach, etc.
- 1:00 – 5:30 Canoeing & Kayaking*, Archery, Hiking, Arts & Crafts, and more
You can also take this free time to read a book, walk along the beach, or (if you're really brave), take the "polar bear plunge". The sauna will be fired up!
- 1:00 – 5:30 Special add-on activities for those who have pre-registered
- Water Bottle Painting with Christina Wilson: 1:30 – 3:00 and 3:30 -5:00 (\$75)
 - Silk Scarf Painting: 1:30 – 3:00 and 3:30 – 5:00 (\$85)
 - Horseback Riding: 1:15 – 4:00 Scenic ride w/ AK Horsemen Adventures (\$125)
 - Kenai Lake Paddling Tours (one hour): 1:30 and 3:45 (*FREE/limited to 10*)
 - Chair and Sports Massages **no fee for massage, \$10 suggested tip*
- 5:30 Wine and hors d' oeuvres reception
- 6:30 Dinner & Auction
- 8:30 -11:30 Evening campfire on the beach. And yes, we will have all the fixings for s'mores! (*assuming there is no burn ban in place*).

Sunday, August 4th

- 8:00 am Coffee, tea and light snacks will be available in the dining hall
- 8:00 – 10:00 Chair and Sports Massages available
- 9:00-9:30 Yoga
- 10:00 Brunch
- 10:30 Camp Closing Activity
- 11:30–2:00 Retreat concludes, but here are a couple of hours to linger, visit, and partake again in camp activities.
- 2:00 pm Departures

Notes:

Water-based activities are weather permitting.

Massage available for sign-up on first-come, first-serve basis upon arrival