



## 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