WOMEN AT WOODSTOCK 2020 *VIRTUAL*
OVER-50 RETREAT SCHEDULE

		pacific	mntn	central	eastern
Thu. Oct. 15	Look for your daily email with today's schedule	- in the morning –			
	Open your gift box!				
	Pour some wine (or any beverage) & LOG ON for our *Welcome Party*	4:00	5:00	6:00	7:00
	Check for an email from Ann with a link to something special	- after our welcome party -			
Fri. Oct. 16	Look for your daily email with today's schedule	- in the morning –			
	LOG ON - AM Workshop - Ayurveda 101/Ami Jayaprada Hirschstein	8:00	9:00	10:00	11:00
	Open challenge #1	- after our morning workshop -			
	LOG ON - PM Workshop – Memoir Writing/Colleen Geraghty	12:00	1:00	2:00	3:00
	Open challenge #2	- after our group activity -			
	Pour a beverage & LOG ON to our Evening Salon	4:00	5:00	6:00	7:00
	Check for an email from Ann with a link to something special	- after our evening salon -			
Sat. Oct. 17	Look for your daily email with today's schedule	- in the morning –			
	LOG ON - AM Workshop – Memoir Writing 2/Colleen Geraghty	8:00	9:00	10:00	11:00
	Open challenge #3	- after our morning workshop -			
	LOG ON - PM Workshop – Virtual Skin & Makeup/Crystal Cobert	12:00	1:00	2:00	3:00
	Open challenge #4	- after our group activity -			
	Pour a beverage & LOG ON to our Evening Salon	4:00	5:00	6:00	7:00
	Check for an email from Ann with a link to something special	- after our evening salon -			
Sun. Oct. 18	Look for your daily email with today's schedule	- in the morning –			
	LOG ON - AM Mastermind Session	8:00	9:00	10:00	11:00
	Open challenge #5	- after our morning workshop -			
	LOG ON - Immune-Boosting Cooking Class/Cathy Vogt	12:00	1:00	2:00	3:00
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	STAY LOGGED ON - PM Mastermind Session	1:00	2:00	3:00	4:00
	Open challenge #6 – our last one!	- after our group activity -			
	Pour a beverage & LOG ON to our Evening Salon & *Farewell*	4:00	5:00	6:00	7:00
	Check for a farewell email from Ann with a link to something special	- after our evening salon –			
Mon. Oct. 19	Look for your email with Women At Woodstock Exclusive Discounts	- in the morning –			
Mon. Nov. 2	Look for your first email from a free trial of The Metamorph Project	- in the morning –			