

# **Together Twice: An Alcohol-Free Women's Weekend Retreat**

## **Itinerary**

### **Day 1 Saturday November 22**

**10.00am** Arrival / Check-in

**10.15am** Introductory group chat

**11.00am - 1.30pm** Holiday Thrive: A Workshop for Women Who Want to  
Enjoy the Season — Not Just Survive It | By Susan Larkin

**2.00pm** LUNCH in town

**3.00 - 4.30pm** Vision Boarding & mingling at N/A Cocktail Hour

**4.30pm** Guided Sound Bath Meditation

**6.00pm** End of Day 1

### **Day 2 Sunday November 23**

**8.30am - 10am** Group Hike through redwood forest

**10.15am - 10.45am** Check-in group chat

**11.00am - 1.00 pm** Sober Joy in a Buzzing World: Tools for navigating life  
with clarity, intention, and fun | Workshop / Book Reading with Peggi Cooney

**1.30pm** LUNCH at the house

**3.00pm - 4.30pm** Restorative Yoga Class

**4.30pm** N/A Cocktail Hour, followed by a Reflection Circle

**6.00pm** Time for goodbyes

THIS ITINERARY MAY BE SUBJECT TO SMALL CHANGES