



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

Day 1 Saturday November 22

10.00am Arrival / Check-in

10.15 - 10.45am 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 Mill Valley

3.00 - 4.00pm Vision Boarding & mingling at N/A Cocktail Hour

4.00 - 5.30pm Journey through the Body — A nervous system reset for the whole body through Sound healing, Breath work, Meditation & Mindful movement | By Cinderella de Groot

6.00pm End of Day one

Day 2 Sunday November 23

10.00 - 10.30am Check-in group chat

10.30 - 11.45am Calm & Clarity — A deep stretch & unwind session through meditation and grounding yoga (seated & floor poses) | By Cinderella de Groot

12.00 - 2.00pm Sober Joy in a Buzzing World: Tools for navigating life with clarity, intention, and fun | Workshop / Book Reading with Peggi Cooney

2.00pm Lunch together at the retreat house

3.00 - 4.30pm Group Hike through redwood forest

4.30 - 5.00pm Guided Journaling

5.00pm N/A Cocktail Hour, followed by a Reflection Circle

6.00pm Time for goodbyes