

# RHYTHM & SPIRIT 2013

## WEEKEND SCHEDULE

### **Friday, June 7th**

1:00 PM onward – Check-in at Pinewood Lodge Campground

7:30 – 9:30 PM at Lake Park Pavilion – Opening drum session

10:00 PM – 7:00 AM Quiet hours\*

### **Saturday, June 8<sup>th</sup>**

8:00 – 9:30 AM – Yoga at the Lodge (eat something *light* before yoga if needed)\*\*\*

9:30 AM – 2:00 PM Breakfast and Free time to enjoy campground\*\*

2:00 – 4:00 PM Drumming, rhythm, fun!

7:30 – 9:00 PM Campfire drum celebration

10:00 PM – 7:00 AM Quiet hours\*

### **Sunday, June 9<sup>th</sup>**

8:00 – 9:30 AM – Yoga at the Lodge\*\*\*

9:30 – 11:30 AM – Breakfast and Free time

11:30 AM – 1:00 PM Closing drum session

1:30 PM – Check out

*\* Please note that all fires must be out by midnight. Thanks in advance for your cooperation!*

*\*\* Kayaks are available to rent through the campground store.*

*\*\*\* If the weather cooperates, we will hold morning yoga at the lakeside beach. Think toes in the sand!*