

Autumn Wild Mushroom Retreat for Health and Wellness at Soyuzivka



Friday, September 29th to Sunday, October 1st 2017



Friday, September 29th

- 4:00 Your room is guaranteed for arrival – Check in
- 6:00-7:00 Gentle Yoga Relaxation/Meditation Class - Library
- 7:00 Dinner-Seasonal Fare with Mushroom/Vegetarian Dining Options (Orientation)
- 9:00- 10:00 Creative Writing/Storytelling/Journaling - A Fungal Fantasy - Library

Saturday, September 30th

- 7:30-9:00 Guided Hiking - “A Meditation Hike” to the cliffs
- 8:00-9:00 Yoga Class - Gentle Morning Stretch – Library
- 8:00-10:00 Farm to Table Breakfast/Gluten free alternatives will be available
- 10:15-12:00 Guided Hike - “A Meditation Hike to the Green Pool”
- 11:30-12:30 Aromatherapy Yoga
- 12:30-1:30 Seasonal Lunch
- 2:30-4:30 Wild Mushrooms - Guided Mushroom Foray/ Hike
- 4:30 Seasonal healthy fruit smoothies - Mainhouse Lobby
- 5:00-6:00 Introduction to Qigong- (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality - Kyiv Patio
- 6:00-7:00 Sweet Dreams - Yoga Wine Down - Restorative yoga for restful sleep - Kyiv
- 7:30-8:30 Autumn Harvest Farm to Table Dinner- seasonal eating menu
- 9:00-10:30 Medi“create”tion - Tap into your playful creative self & take part in this Mushroom Painting Workshop - Kyiv

Sunday, October 1st

- 8:00-Continental Breakfast, coffee & herbal teas available in the Mainhouse Lobby
- 8:00-9:00 Cool Down with Gentle Yoga – Kyiv
- 9:30 Liturgy
- 10:00 - 11:30 Brunch
- 12:00 Checkout



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