

WELLNESS WEEKEND AT DAKOTA DUNES RESORT

Friday.

7:00-9:00pm Meet & Greet

Guests drop-in to a common area to meet their instructors, receive their welcome package, and enjoy light refreshments.

Saturday.

9:00am Welcome

We'll open our Wellness Weekend as a whole group for a welcome, introductions, overview of offerings, and option to smudge and participate in a guided meditation.

9:30am Breakfast

10:15-11:15am Session 1

11:15-12:15pm Session 2

12:15-1:00pm Lunch

1:00-2:00pm Session 3

2:00-2:30pm Break

2:30-3:30pm Session 4

6:00pm Supper

Guests have the opportunity to have their own time to swim, play, rest.

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Sunday

7:00-7:30am Early Rise Optional Activities

- Rest
- Aquasize (maximum 10 participants based on pool capacity)
- Flow & Glow Vinyasa Yoga (maximum 10 participants)

8:00-8:30am Sunrise Optional Activities

- Rest
- Talking Circle (maximum 15 participants)
- Flow & Glow Vinyasa Yoga (maximum 10 participants)

9:00am Breakfast

9:30am Closing

We'll close our Wellness Weekend as a whole group with a reflection and guided meditation.

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Session Offerings				
	Dr. Elaina Guilmette Room 1 Nurturing Resiliency Workshop	Elizabeth Zdunich Room 2 Traditional Cree uses of Plants: Make and Take Workshop	Jennifer Davey Room 3 Peaceful Yin Yoga	Self-Guided Activities (rest, walk, guided meditation, swim)
10:15-11:15	Buffalo	Eagle	Spruce	River
11:15-12:15	River	Buffalo	Eagle	Spruce
1:00-2:00	Spruce	River	Buffalo	Eagle
2:30-3:30	Eagle	Spruce	River	Buffalo