

HERON'S HOLLOW WELLNESS RETREAT

June 5 - 7, 2026

FRIDAY

2:00PM
CHECK-IN

5:00 PM
WINE TASTING

6:00 PM
DINNER

7:30 PM
RESTORATIVE
SOUND BATH

Massage

Look for email to
schedule!

Coffee & Tea
Daily 8:30-10:30 AM

Hiking

Sturdy shoes highly
encouraged

Pennsylvania weather
can change quickly. We
recommend **packing**
layers and **comfortable**
outdoor footwear.

SATURDAY

7:45 AM
MORNING YOGA

8:30AM
BREAKFAST

8:30 - 10:30 AM
MOBILE COFFEE TRUCK
& TEA BAR

11:00 AM
YOGA CLASS

12:30 PM
LUNCH

2:00PM
GUIDED PAINTING
EXPERIENCE

4:30PM
YOGA CLASS

6:00PM
DINNER

8:15PM
YOGA NIDRA

SUNDAY

8:00AM
MORNING YOGA

8:30 - 10:30 AM
COFFEE & TEA
MOBILE BAR

9:30AM
FAREWELL BRUNCH

Amenities

Hot Tub
24/7 Access

Kayaking

Paddle-Boarding

Hiking Trails

Fishing

Fire Pits
Wood Provided • Stories Encouraged

