Week Restore

Sample Schedule: Monday–Sunday

SHOU SUGI BAN HOUSE

MON	TUE	WED	THU	FRI	SAT	SUN
	7:00–7:30 **Tea Ceremony** Healing Arts Barn	7:00–7:30 **Tea Ceremony** Healing Arts Barn	7:00–7:30 **Tea Ceremony** Healing Arts Barn	7:00–7:30 **Tea Ceremony** Healing Arts Barn	7:00–7:30 **Tea Ceremony** Healing Arts Barn	7:00–7:30 **Tea Ceremony** Healing Arts Barn
	7:30–8:00 **Body Alignment + Meditation** Meditation Hall	7:30–8:00 **Gentle Stretch with Breathwork** Meditation Hall	7:30–8:00 **Dynamic Movement + Intention Setting** Meditation Hall	7:30–8:00 **Gentle Stretch with Breathwork** Meditation Hall	7:30–8:00 **Body Alignment + Meditation** Meditation Hall	7:30–8:00 **Yin Yoga + Guided Meditation** Meditation Hall
	8:00–9:00 **Breakfast** Main Barn	8:00–9:00 **Breakfast** Main Barn	8:00–9:00 **Breakfast** Main Barn	8:00–9:00 **Breakfast** Main Barn	8:00–9:00 **Breakfast** Main Barn	8:00–9:00 **Breakfast** Main Barn
	9:00–11:00 **Guided Beach Walk + Fresh Juice**	9:00–11:00 **Guided Beach Walk + Fresh Juice**	9:00–11:00 **Guided Beach Walk + Fresh Juice**	9:00–11:00 **Guided Beach Walk + Fresh Juice**	9:00–11:00 **Guided Beach Walk + Fresh Juice**	9:00–10:30 **SSBH Workout** Movement Pavilion
						10:30–11:00 **Closing Gathering** Main Barn
	11:00–12:00 **Cardio** Movement Pavilion	11:00–12:00 **Barre Class** Movement Pavilion	11:00–12:00 **Strengthen + Tone** Movement Pavilion	11:00–12:00 **Vinyasa Yoga** Meditation Hall	11:00–12:00 **Cardio** Movement Pavilion	
	—	—	—	—	—	12:00 **Room Check-out**
	12:30–1:30 **Lunch** Main Barn	12:30–1:30 **Lunch** Main Barn	12:30–1:30 **Lunch** Main Barn	12:30–1:30 **Lunch** Main Barn	12:30–1:30 **Lunch** Main Barn	12:00–1:00 **Lunch** Main Barn
	1:30–2:30 **Edge of the Woods Massage** Spa	1:30–2:30 **Roots Unbound Abdominal Massage** Spa	1:30–2:30 **Watsu Therapy** Spa	1:30–2:30 **Deep Within Body Massage** Spa	1:30–2:30 **Clear the Path: Full Body Massage** Spa	1:00–1:30 **Departure**
	2:30–3:00 **Hydrotherapy Pools + Sauna** Spa	2:30–3:00 **Hydrotherapy Pools + Sauna** Spa	2:30–3:00 **Hydrotherapy Pools + Sauna** Spa	2:30–3:00 **Hydrotherapy Pools + Sauna** Spa	2:30–3:00 **Hydrotherapy Pools + Sauna** Spa	
	3:00–4:00 **Cryo-Illumination Facial** Spa	3:00–4:00 **Marine Extracts Body Treatment** Spa	3:00–4:00 **Shamanic Healing** Healing Arts Barn	3:00–4:00 **Sacred Sound Journey** Healing Arts Barn	3:00–4:00 **Of the Flowers Facial** Spa	
4:00–5:00 **Arrival + Check-in**	4:00–4:30 **Afternoon Elixir**	4:00–4:30 **Afternoon Elixir**	4:00–4:30 **Afternoon Elixir**	4:00–4:30 **Afternoon Elixir**	4:00–4:30 **Afternoon Elixir**	
5:00–5:30 **Welcome Ceremony** Main Barn	4:30–5:30 **Hatha Yoga** Meditation Hall	4:30–5:30 **Tri-Dosha Yoga** Meditation Hall	4:30–5:30 **Vinyasa Yoga** Meditation Hall	4:30–5:30 **Strengthen + Tone** Movement Pavilion	4:30–5:30 **Core Conditioning** Movement Pavilion	
5:30–6:30 **Yoga + Movement Class** Meditation Hall	5:30–6:30 **Improving Gut Health Nutrition Workshop** Main Barn				—	
—	—	—	—	—	6:00–7:00 **Nutrition for Optimal Brain Health Workshop** Main Barn	
7:00–8:00 **Dinner + Intro to Culinary Philosophy** Main Barn	7:00–8:00 **Dinner** Main Barn	7:00–8:00 **Dinner** Main Barn	7:00–8:00 **Dinner** Main Barn	7:00–8:30 **Dinner + Culinary Demonstration** Main Barn	7:00–8:00 **Dinner** Main Barn	
		8:00–9:00 **Holotropic Breathwork for Increased Vitality** Healing Arts Barn	8:00–9:00 **Dissolving Into Sound with Gongs + Crystal Bowls** Healing Arts Barn		8:00–9:00 **Neuroacoustics Sound Experience for Deep Sleep** Healing Arts Barn	
9:00–9:30 **Evening Tea** Fire Circle	9:00–9:30 **Evening Tea** Fire Circle	9:00–9:30 **Evening Tea** Fire Circle	9:00–9:30 **Evening Tea** Fire Circle	8:30–9:30 **Tea + Music** Fire Circle	9:00–9:30 **Evening Tea** Fire Circle	
9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	9:30 **Seasonal Soak + Sleep Tonic** Guest Studio	