

Verve High Holiday Retreat Sample Schedule

All classes are 45 minutes unless noted otherwise

Tuesday September 15

9:00 AM :Buses depart

12:00 PM – Check-in, lunch available in dining hall

2:00 PM – 5:00 PM – Lake and pool open for watersports

3:00 PM: Choice of Yoga class or art activity

5:00 PM: Honey tasting and cocktail hour mingle

6:00 PM – Dinner

7:30 PM – Evening entertainment

9:00 PM- S'mores & Campfire

Wednesday September 16

7:30 AM: Morning Meditation

8:00 AM: Vinyasa Yoga

8:00 AM – 9:30 AM – Breakfast

9:00 AM – Pool, lake, pickleball courts open for the day

10:00 AM – Choice of Beginner Strength class, challah making workshop (90 mins), or guided discussion

11:00 AM – Choice of Aqua Aerobics or Music workshop

12:30 PM-1:30 PM – Lunch

2 PM: Choice of art, advanced fitness class, lecture

2:30 PM: Dance or Movement workshop

3:00: Discussion group

5:00: Gentle Yoga

6:00 PM: Dinner

7:30 PM – Evening entertainment

9:00 PM– Campfire

Thursday September 17

7:30 AM: Morning Meditation

8:00 AM: Gentle Yoga

8:00 AM – 9:30 AM – Breakfast

9:00 AM – Lake, pool, pickleball courts are open

9:30 AM - Book Club discussion

10:00 AM – Choice of Stretch and Flex class or Torah study with Rabbi Moshe

11:00 AM- Aqua Aerobics

12:00 PM – BBQ Lunch

2:00 – Checkout / Board buses for home