

The Sea Ranch Retreat with The Veggie Queen– an intimate gathering to relax, cook, eat well and share the clean air and beautiful scenery of the northern Sonoma Coast

Tentative Schedule

Friday

Arrival – 4 to 6 pm

Welcome get together with appetizers, cocktails/wine/mocktails/sparkling water

Dinner 7 pm

After dinner discussion, sound healing and meditation

Potential to lie on the Amethyst Bio Mat

Saturday

7 to 9 Morning smoothies and breakfast

9:00 am leave for farmer's market and town of Gualala

10 am return to residence

Cooking until 12 noon – LUNCH

Free Time

3 to 5 pm Afternoon yoga

Sunday

Brunch

Hike in Sea Ranch 10 to 12

Lunch

2 to 3:30 pm Essential oils presentation and tea time

Dinner

Restorative yoga

Monday

Breakfast

Yoga class at the Del Mar Center 9:30 to 10:30 (no equipment necessary)

Check out by 11 am

What to bring:

Warm clothing

Swim suit and robe or cover up for hot tub and/or community pool

Sleep attire

Your yoga mat but only if you really like it

Water Bottle

Your favorite tea (to drink and/or share)

Sunscreen

A hat for day and one for night

Hiking boots or sturdy shoes

Casual clothing

What is not included: alcohol so if you want more than just the greeting drink, please bring it but it might be a good opportunity to enjoy the “clean” life and clear air of the area

Tea will be provided throughout the weekend.

Please let me know what questions you have, as I likely have not covered everything.