

Camp Fire Alaska 2022 Wild Women Retreat Schedule

Saturday, July 30

- 9:00 – 10:00 Arrive/Check-in/Settle in at Camp K
- 10:30 Gather up for welcome – Choose a Camp Name Session
- 11:15 Lunch on the beach (weather permitting)
- 12:15-12:45 Light Yoga (bring your own mat), or time to chat, wander the beach, etc.
- 12:30 Hike with camp counselor: Departing at 12:30 (FREE/limited to 8)
- 1:00 – 5:30 Canoeing & Kayaking*, Target Sports, Hiking, Arts & Crafts, and more
You can also take this free time to read a book, walk along the beach, or (if you're really brave) take the "polar bear plunge".
- 1:00 – 5:30 Special add-on activities for those who have pre-registered
- Painting Wood Cut-Outs with Teri Lindseth: 1:30 – 3:00 and 3:30-5:00 (\$60)
 - Camp Cooking: 1:30-3:00 (\$25)
 - Macramé Plant Hangers: 3:30-5:00 (\$45)
 - Wine Tasting (\$30)
 - 1-hour Kenai Lake Paddling Tours: Departing at 1:30 and 3:30 (FREE/limited to 10 per outing)
 - Chair and Sports Massages **
- 5:30 Hors d'oeuvres Reception
- 6:30 Dinner & Auction
- 8:30 -11:30 Evening campfire on the beach. And yes, we will have all the fixings for s'mores! *(assuming there is no burn ban in place).*

Sunday, July 31

- 8:00 am Coffee, tea and light snacks will be available in the dining hall
- 8:00 – 10:00 Chair and Sports Massages available ** *chair massage (20 min) and table massage (30 min), cash tip encouraged*
- 9:00-9:30 Yoga on the deck
- 10:00 Brunch & Keynote Speaker
- 11:30–2:00 Retreat concludes, with a couple hours left to linger, visit, and partake in camp activities, including kayaking, hiking, arts & crafts
- 2:00 pm Departures

**Water-based activities are weather permitting.*

***Massage available for sign-up on first-come, first-serve basis upon arrival. There is no charge for massages, but cash tips to your therapist are encouraged.*