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***11th Annual Wellness Weekend at The Abode in New Lebanon, NY  
Thursday, July 31<sup>st</sup> – Sunday, August 3<sup>rd</sup>, 2008  
Pre-Weekend Day Wednesday, July 30<sup>th</sup>, 2008***

***Detailed Itinerary\****

***Wednesday, July 30<sup>th</sup>***

- 2:00PM on...                      Arrival at the Abode Retreat Center. Settle in and unpack.
- 4:30-5:30PM                      **Pilates (all levels) Meditation Hall**
- 6:00PM                              **Dinner** – Welcome from Rochelle.  
All meals are healthy, wholesome and organic. Prepared from what is grown in the Abode’s garden! Animal protein is served at evening meals.
- 7:15PM                              **Orientation – Meditation Hall**
- 8:00-9:30PM                      **Create Your Journey - The Library**  
A combination of basic somatic experience skills, energy body knowledge, dialogue and journaling to help you create a foundation for the weekend. The work experienced will set the groundwork for growing and maintaining your dynamic lifestyle.

***Thursday, July 31<sup>st</sup>***

- 7:00AM                              **Yoga Plus (all levels) – Meditation Hall**
- 8:00AM                              **Breakfast** – A hearty and necessary start to your day!  
If you cannot get to breakfast before 9:00AM, please be sure to let someone know so they can prepare a plate for you.

- 9:00-10:00AM            **Roundtable Discussion – Meditation Hall**  
Topic TBA
- 10:00-10:30AM           **Absolute Abs (all levels) – Meditation Hall**
- 11:00AM-12:30PM       **Outdoor Hike** – Join Nevin from the Abode in this wonderful experience of having the time and space to be in nature.
- 12:30PM                   **Lunch** – Review of Breathe & Eat. Open dialogue about any challenges or concerns you still face around food.
- 2:00PM on...             Remaining attendees arrive.
- 2:00-3:00PM             **Create Your Journey Part II - The Library**  
Pre-Weekend Day attendees only
- 4:30-5:30PM             **Pilates (all levels) Meditation Hall**
- 6:00PM                   **Dinner** – Welcome from Rochelle.  
All meals are healthy, wholesome and organic. Prepared from what is grown in the Abode’s garden! Animal protein is served at evening meals.
- 7:30-9:00PM             **Orientation – Meditation Hall**  
Orientation with other attendees. Sign up for bodywork appointments

**Friday, August 1<sup>st</sup>**

- 7:00AM                    **Yoga Plus (all levels) – Meditation Hall**
- 8:00AM                    **Breakfast** – A hearty and necessary start to your day!  
If you cannot get to breakfast before 9:00AM, please be sure to let someone know so they can prepare a plate for you.
- 9-10:00AM                **Roundtable Discussion – Meditation Hall**  
Topic TBA
- 10:00-10:30AM           **Dance Aerobics - Family Room**
- 11:00AM-12:30PM       **Outdoor Hike** – Join Nevin from the Abode in this wonderful experience of having the time and space to be in nature. Learn the basics of how to let your body size work for you effectively in the great outdoors. Trust your physical and emotional well-being will be very safe in the great outdoors.
- 12:30PM                   **Lunch** – Breathe & Eat Introduction. Discover your body’s amazing ability to communicate its food needs to you. Learn to listen and feel with your whole physical being instead of just your mind.
- 2:00PM                    **Team Up!!! - Outdoor Sports**  
Laugh and play! Designed for ***you*** to feel the thrill of participating fully in activities you may have missed.
- 4:00PM                    **Free Time**
- 5:00-6:00PM              **Pilates (all levels) - Meditation Hall**
- 6:00PM                    **Dinner** – Breathe & Eat
- 8:00-9:30PM              **S’Mores! And Sing Along**  
Experience the joy of roasting your own marshmallows, smushing them between two graham crackers with Hershey chocolate melting it all together!

**Saturday, August 2<sup>nd</sup>**

- 7:00AM                   **Yoga Plus (all levels) – Meditation Hall**
- 8:00AM                   **Breakfast** – A hearty and necessary start to your day.
- 9:00-10:00AM           **Roundtable Discussion – Meditation Hall**  
Topic TBA
- 10:00-10:30AM           **Absolute Abs - Family Room**
- 11:00AM                   **Workshop – Family Room / Outdoors (weather permitting)**  
**The Magic of Creativity**  
Art experiential to help express yet another side of you! Have fun, be playful and creative! Paints, textiles, colors, and much more! For materials purposes, you do need to confirm your participation in this workshop during orientation.
- 12:30PM                   **Lunch** – Breathe & Eat.
- 2:00PM                   **Pond Sports - Outdoors/Pond (rides available)**  
Laugh and play! If you cannot swim but still wish to participate, please let us know.
- 4:00PM                   **Free Time**
- 5:00-6:00PM           **Yoga Plus (all levels) - Family Room**
- 6:00PM                   **Dinner** – Breathe & Eat
- 8:00PM                   **Band of Sisters - Meditation Hall**  
A special evening featuring our women’s circle with dancing, singing, incense and oils.

**Sunday, August 5**

- 7:00AM                    **Core Success - Meditation Hall**  
Learn how to differentiate between fat, abdominal muscles, bones and internal organs. This understanding increases the ability to feel the distinction between stress in the abdomen, abdominal muscle tension and digestion. The knowledge enhances the conscious awareness of breath and daily food intake. Learn practical skills to apply directly to your daily life.
- 8:00AM                    **Breakfast** – a hearty and necessary start to your day.
- 9:00-10:30AM           **Group Closing - Outdoors (weather permitting)**  
One of our favorite times! To sit and reflect on the weekend - What was learned, what impacted you, and how to best take these lessons home with you and apply them in your daily life.
- 11AM                      **Yoga – all levels – Volleyball Field (weather pending)**
- 12:30PM                  **Lunch** – relax and enjoy. Free Style!
- 2PM                        **Pilates (all levels) Family Room**
- 3PM                        **Head back to NYC.**

(\*Itinerary subject to change.)