



# 2024 WILD WOMEN RETREAT *schedule*

## *Saturday, July 27*

- 9:00 am–10:00 am** Arrival/Check-in/Settling into Camp K
- 10:30 am–11:15 am** Gather up for welcome – Choose a Camp Name Session
- 11:15 am–12:15 pm** Lunch
- 12:15 pm–12:45 pm** Light Yoga (bring your own mat), or time to chat, wander the beach, etc.
- 12:30 pm–1:30 pm** Hike with camp counselor: Departing at 12:30 pm (FREE/limited to 8)
- 1:00 pm–5:30 pm** Camp Activities open:
- 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"
- Special add-on activities for those who have pre-registered:
- Alaskan Scene Painting Class: 1:00 pm–2:45 pm and 3:15 pm–5:00 pm (\$55)
  - Earring Making: 1:30 pm–3:00 pm and 3:30 pm–5:00 pm (\$45)
  - Woodburning Design Class: 1:30 pm–3:00 pm and 3:30 pm–5:00 pm (\$40)
  - 1-hour Kenai Lake Paddling Tours: Departing at 1:30 pm and 3:30 pm (FREE/limited to 10 per outing)
  - Chair and Sports Massages\*\*
- 5:30 pm–6:30 pm** Hors d'oeuvres Reception
- 6:30 pm–8:30 pm** Dinner & Auction
- 8:30 pm–11:30 pm** Evening campfire on the beach. And yes, we will have all the fixings for s'mores! (Assuming there is no burn ban in place.)

\* Water-based activities are available, weather permitting.

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



# 2024 WILD WOMEN RETREAT *schedule*

*Sunday, July 28*

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

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



A BENEFIT FOR CAMP FIRE ALASKA'S CAMP K ON KENAI LAKE

WE HOPE TO  
SEE YOU AGAIN  
*next year!*