

Day One:

- 3:00pm – 5:00pm **Welcome**
Arrive and immerse yourself in the essence of the Valley as you enjoy light bites and refreshments courtesy of Humble Spirit. Take a moment to connect with nature by exploring our expansive farm campus, boasting 6 miles of picturesque trails.
- 5:00pm – 6:30pm **Orientation**
Set an intention for your time at the Ground and outline key objectives
- 7:00pm – 8:30pm **Dinner at Humble Spirit**
Indulge in a farm-to-table dining experience at Humble Spirit, where every dish is thoughtfully crafted with locally sourced ingredients.

Day Two:

- 7:30am – 8:30am **Morning Yoga**
Energize your day with a fireside yoga session in the serene Sanctuary.
- 9:00am – 9:30am **Breakfast**
Enjoy a farm fresh breakfast at Inn the Ground with coffee, tea, green juice, and pastries.
- 9:30am – 12:30pm **Working Session at One of Event Spaces**
- 2:30pm – 1:30pm **Lunch**
Cap off a productive morning with lunch and a restorative guided walk around our regenerative farm.
- 1:30pm – 4:00pm **Working Session at One of Event Spaces**
- 4:30pm – 6:30pm **Pickleball at Grounded Body**
Participate in some friendly competition on our Pickleball courts at Grounded Body, our indoor fitness facility. Instructors are available upon request.
- 7:00pm – 9:00pm **Dinner at Inn the Ground**
Enjoy a family-style dinner at the Inn, expertly crafted by chefs from Humble Spirit, providing a delectable culinary experience.

Day Three:

- 7:30am – 8:30am **Optional activity**
Start your day with a rejuvenating yoga session. Allow the gentle movements and calming breaths to set a positive tone, invigorating both your body and mind.
- 9:00am – 9:30am **Breakfast**
Enjoy a farm fresh breakfast at Inn the Ground with coffee, tea, green juice, and pastries.
- 9:30am – 12:00pm **Working Session at Inn the Ground**
Wrap up your retreat by clarifying action steps, celebrating progress, and aligning on a shared vision forward.