

# Thursday

October 3, 2024

## Unleash Your Potential: Letting Go and Becoming Unstuck

<b>Arrivals</b>	<p><b>Arrival:</b> Check-ins will begin at 12pm &amp; lunch will be available in the restaurant hotel or anywhere in Edgartown before the retreat begins.</p> <p><b>Relax:</b> Free time to explore the grounds, enjoy a walk to the lighthouse &amp; explore.</p>
<b>2:30 PM Menemsha Room</b>	<p><b>Welcome &amp; LET GO:</b> Begin the YOUthink Retreat with an inviting welcome, where you'll quickly learn to "loosen your grip" and let go of what no longer serves you. We encourage creative exploration and fostering connections with both old and new friends this weekend! <b>Thank you for sharing your time with us!</b></p>
<b>2:45– 3:30PM Menemsha Room</b>	<p><b>Writing Workshop with Christy Cashman:</b> Discover how putting pen to paper can spark creativity and help "clear the cobwebs." In this workshop, you'll shape and share your intentions, setting the tone for a meaningful experience. It's a simple yet powerful way to tap into your thoughts, shift your perspective, and explore new ways of thinking.</p>
<b>3:30– 4:30PM Menemsha Room</b>	<p><b>Yoga with David Vendetti:</b> Relax, get grounded, channel your mind &amp; body and reconnect with yourself in our welcome session of vinyasa flow yoga for an enlightened and energizing experience. Suitable for all levels.</p>
<b>4:30– 5:30PM</b>	<p><b>Downtime</b></p>
<b>5:30– 6:00PM</b>	<p><b>Mixer &amp; Mocktails:</b> Enjoy a mocktail and get to know your fellow retreaters on the waterfront porch of the Harbor View Hotel</p>
<b>6:00– 7:30 PM Harbor View Hotel</b>	<p><b>Dinner at Bettini's - Harbor View Hotel:</b> Enjoy a 3-course dinner overlooking the lighthouse.</p>
<b>7:30– 8:30 PM Menemsha Room</b>	<p><b>RUPTURE PART 1: A Journey of Self-Discovery and Growth with Dr.Louise A Stanger</b></p>
<b>8:30PM</b>	<p><b>Relax, Read, Reconnect, Roam Around, Recharge...a big weekend lies ahead!</b></p>

# Friday

October 4, 2024

7AM-9AM Hotel Lobby	<b>Coffee &amp; Tea served</b> We encourage you to try something new - why not try a vitality shot to kick-start your metabolism for the day? Coffee/tea in hotel lobby.
8:-9AM Bettini's Restaurant	<b>Quiet Breakfast:</b> We invite you to enjoy a peaceful start to your day. Research has shown tremendous benefits to starting your morning with a serene, quiet environment that provides space to clear your mind of cobwebs, sort your thoughts and prepare for the day ahead with a clean slate.
9-10AM Menemsha Room	<b>Yoga with David Vendetti:</b> Relax, get grounded, channel your mind & body and reconnect with yourself in a vigorous session of vinyasa flow yoga for an enlightened and energizing experience. Suitable for all levels.
10-11AM Menemsha Room	<b>Mind &amp; Body Connection, Part 1 with Dr. Mark Kovacs:</b> Capture the interconnected harmony between mental and physical well-being, emphasizing their mutual influence on overall health.
11AM-2PM Harbor View Hotel	<b>GROUP 1 - Myofascial Release OR Structural Integration Massages (50 min)</b> <b>1:1 Wellness Sessions with Dr. Kovacs (45 min) &amp; Dr. Stanger (45 min)</b> <b>TAKE OUT LUNCH SERVED</b>
11AM-2PM Featherstone Art Studio (Oak Bluffs)	<b>GROUP 2- Storytelling through Painting:</b> Discover the art of expression in our painting workshop where you'll be led by impressionist artist Chetta Kelley through the transformative medium of paint on canvas. Your artwork will be ready to take home at the end of the retreat. 150 min <b>TAKE OUT LUNCH SERVED - Meet in hotel lobby at 11am.</b>
2-5PM Featherstone Art Studio (Oak Bluffs)	<b>GROUP 1 - Storytelling through Painting:</b> Discover the art of expression in our painting workshop where you'll be led by impressionist artist Chetta Kelley through the transformative medium of paint on canvas. Your artwork will be ready to take home at the end of the retreat. 150 min
2-5PM Harbor View Hotel	<b>GROUP 2 - Myofascial Release OR Structural Integration Massages (50 min)</b> <b>1:1 Wellness Sessions with Dr. Kovacs (45 min) &amp; Dr. Stanger (45 min)</b> <b>TAKE OUT LUNCH SERVED</b>
5:30-6:15PM Menemsha Room	<b>8 Limbs of Yoga with David Vendetti</b> The Eight Limbs offer a guided path to mindfulness and freedom. We gain insights into what brings us closer to embodiment, presence, and peace—creating ripple effects in our lives and beyond.
6:45 PM Meet on front porch	<b>Barefoot Walking Meditation, Lighthouse Visit &amp; Cold Plunge (optional!):</b> Embrace nature with Barefoot Walking, revitalize with cold water from the Atlantic Ocean (maybe just a toe-dip) and follow up in the heated pool—a holistic experience for mind & body.
7:45 PM Dinner Bettini's	<b>Dinner with the Doctor:</b> Relax and reconnect with a nutritious 3-course dinner and listen to Dr. Kovacs discuss all things nutrition. <b>OPTIONAL LATE NIGHT OUTING:</b> LIVE MUSIC AT 10:30PM (details to follow)

# Saturday

October 5, 2024

<b>7–9AM</b> <b>Hotel Lobby</b>	<b>Coffee &amp; Tea Served</b> We encourage you to try something new - why not try a vitality shot to kick-start your metabolism for the day? Coffee/tea in hotel lobby.
<b>8–9 AM</b> <b>Menemsha Room</b>	<b>Quiet Breakfast:</b> We invite you to enjoy a peaceful start to your day. Research has shown tremendous benefits to starting your morning with a serene, quiet environment that provides space to clear your mind of cobwebs, sort your thoughts and prepare for the day ahead with a clean slate.
<b>9–10AM</b> <b>Menemsha Room</b>	<b>Morning Yoga &amp; Meditation with David Vendetti :</b> Elevate your yoga practice with a dynamic class suitable for all levels, promoting strength, flexibility, and mindfulness in an invigorating yet accessible session. Meditation will be included at the end.
<b>10–11AM</b> <b>Menemsha Room</b>	<b>Mind &amp; Body Connection, Part 2 with Dr. Mark Kovacs:</b> Capture the interconnected harmony between mental and physical well-being, emphasizing their mutual influence on overall health. 90 min
<b>11:30AM–1:30PM</b> <b>Misty Meadows</b>	<b>Farm to Table Lunch:</b> Embrace nature and whole foods by helping to prepare and enjoy a nutritious lunch with ingredients straight from the farm. A stop at a local farm stand will be included.
<b>2–3:30 PM</b> <b>Misty Meadows Farm</b>	<b>Equine Therapy &amp; Sound Healing with The Herd:</b> Experience how being with horses, who are always living in the present moment, can help you attune to your own heart, greater wellness, joy, and compassion. Breathing exercises, gentle movement, simple creativity practices, and sound are some of ways we will reset. Herd observation & hands on grooming/leading/learning about horse care will be included.
<b>3:30–4:30PM</b> <b>Misty Meadows</b>	<b>Equine Connection: A Collaborative Bareback Mounted Experience</b> This unique bareback experience invites guests with any level of experience to engage with horses in a supportive and inclusive setting. Participants work together in groups, with one person mounted on the horse while another leads. This shared experience fosters trust, comfort, and connection with both the horse and each other.
<b>5–6PM</b> <b>Misty Meadows</b>	<b>Meditation and Yoga with David Vendetti:</b> Rejuvenate deeply in our afternoon session, blending yoga, meditation, and sound therapy for a profound and soothing experience amidst a beautiful farm landscape.
<b>6–7:30PM</b> <b>Misty Meadows</b>	<b>Farm House Dinner:</b> Enjoy dinner under the night sky (weather permitting) or inside at the Misty Meadows Farm House. Nestle by the fire for a post-dinner talk.
<b>7:30–8:30PM</b> <b>Misty Meadows</b>	<b>Becoming UNSTUCK with Dr. Stanger:</b> Peel away the layers of distraction. Learn to remove and examine the what's blocking you - so energy flows abundantly. Rid yourself of addictive patterns & habits that no longer serve you.

# Sunday

October 6, 2024

<p><b>7:00– 9:00 AM</b></p>	<p><b>Coffee, Tea &amp; Juices Served</b> We encourage you to try something new at the holistic health station - in the drawing room - or why not try a custom vitality shot to kick-start your metabolism for the day?</p>
<p><b>8–9:30AM Menemsha Room</b></p>	<p><b>Farewell Breakfast Served</b></p>
<p><b>9:30 –10:45AM Menemsha Room</b></p>	<p><b>Yoga &amp; Closing Circle:</b> Enjoy a relaxing and centering yoga class led by David Vendetti and ceremonial closing circle to acknowledge our journey together.</p>
<p><b>10:45– 11AM Menemsha 11AM– 12PM</b></p>	<p><b>Mind &amp; Body Connection, Part 3 with Dr. Mark Kovacs:</b> Capture the interconnected harmony between mental and physical well-being, emphasizing their mutual influence on overall health. <i>Late check-out and depart to ferry terminal/airport.</i> <b>THANK YOU FOR JOINING US!</b></p>

## Hotel Amenities

Two Restaurants

Two Bars/Lounges · Heated Pool

Oceanfront Property · Daily Housekeeping · Bicycles

Views of Edgartown Lighthouse · Free Wi-Fi · Free Parking

