

# PLYMOUTH, VERMONT

# YOGA + YARN

by Ragline Knits

## Tentative Schedule Subject to change

### THURSDAY

3-5pm	Arrival
5:30-7:00pm	Welcome & Gentle Yoga
7:00pm	Dinner

FRIDAY	
8-9:30am	Breakfast
9:30-10:30am	Knitting
10:30am-12pm	Flow Yoga
12-1:30pm	Lunch
1:30-3:30pm	Visit to Dyak Crafts
3:30-4:30pm	Snack + Knitting
4:30-6pm	Gentle Yoga
6-7pm	Knitting + Healing Crystals Workshop
7:00pm	Dinner

SATURDAY	
8-9:30am	Breakfast
9:30-10:30am	Knitting
10:30-12pm	Flow Yoga
12-1:30pm	Lunch
1:30-3:30 pm	Local Farm Visit
3:30-4:30pm	Snack + Knitting
4:30-6pm	Guided Meditation
6-7pm	Hand Knit Fashion Show
7:30pm	Dinner

SUNDAY	
9-10:00am	Gentle Yoga
10:00-10:30am	Knitting
10:30am	Brunch
12:00pm	Departure

Knitting support & instruction from Kate and Liza available anytime.

All meals are at Good Commons.

All yoga classes are in the yoga studio at Good Commons.

Knitting time enjoyed in the den by the fire at Good Commons.

Massages available for separate purchase.