



## the **STANFORD INN** BY THE SEA

### CREATING YOUR BEST LIFE RETREAT ITINERARY

CHECK IN: FRIDAY, SEPTEMBER 28, 2018

CHECK OUT: MONDAY, OCTOBER 1, 2018

**Note:** This retreat includes three yoga classes per person (you will receive vouchers at check-in). Classes are on a drop-in basis. Find yoga schedule at [www.livingwellmendocino.com](http://www.livingwellmendocino.com)

#### FRIDAY

**4:00 pm: Check-in**

- Welcome!

**5:30 pm: Introduction to Mindfulness with Lani Muelrath**

- Presentation includes slide show, short video, Q and A, and a couple of minutes of actual mindfulness meditation practice
- Enjoy complimentary appetizers

**7:00 pm: Dinner at Ravens Restaurant**

#### SATURDAY

**8 am – 9 am: Breakfast**

- You'll find plenty to choose from on our menu, making our breakfast one of the most varied and creative Vegan breakfasts anywhere!

**11:00 am – 1:00 pm – Creative Playshop with Joan Stanford**

- Join Registered Art Therapist Joan Stanford and find your inner artist!

**1:00 pm – 1:30 pm: Lunch**

**1:30 pm – 3:00 pm: Cooking Class**

- Join a Stanford Inn Cooking Instructor for a fun, hands-on plant-based cooking class. Learn easy, delicious (and nutritious) recipes!

**3:00 pm – 5:00 pm: Relaxation/optional time**

- Take one our redwood outriggers up the Big River or take a bike ride (bike included with your stay!) on the river's adjacent haul road.
- Join us in the lobby between 3:30 pm – 4:30 pm for a complimentary dessert and coffee or tea while enjoying the view!

**5:00 pm – 5:30 pm: Mindfulness Meditation Practice with Lani**

- Learn to live in harmony with your body's hunger and fullness signals and end the "war with our bodies" forever!

**5:30 pm – 7:30 pm: Dinner at Ravens Restaurant**

#### SUNDAY

**8 am – 9 am: Breakfast**

- You'll find plenty to choose from on our menu, making our breakfast one of the most varied and creative Vegan breakfasts anywhere!

**11 am – 1:00 pm: Creative Playshop with Joan**

**1:00 pm – 1:30 pm: Lunch**

**1:30 pm – 2:30 pm: Guided Hike**

- Join Joan and Lani for a gorgeous walk around the Mendocino Headlands!

**2:30 pm – 3:15 pm: Mindful Eating with Lani**

- Learn to be a "body-managed" eater rather than a diet-plan eater!

**3:15 pm – 5:00 pm: Relaxation/optional time**

**5:00 pm – 5:30 pm: Mindfulness Meditation Practice with Lani**

**6:00 pm: Dinner at Ravens Restaurant**

continued...



the **STANFORD INN** BY THE SEA

**CREATE YOUR LIFE RETREAT ITINERARY** continued...

**MONDAY**

**8:00 am – 8:45 am: Restorative Yoga with Lani!**

- Join Lani Muelrath for a private restorative yoga class.

**9 am – 10:30 am: Breakfast**

**11:00 a.m.: Check-out**

- Safe travels!