



ALUMNAE WEEKEND 2018: Best of Green Mountain, Vermont and BEST OF YOU

OCTOBER 25–28, 2018 | THURSDAY EVENING – SUNDAY

* This is a DRAFT and is subject to change.

THURSDAY, OCTOBER 25

3–5pm	Arrival and Complimentary Chair Massages
5pm	Welcome & VIP Reception
6pm	Dinner
7pm	Fireside Chat: Green Mountain Stories

FRIDAY, OCTOBER 26

7am	Green Mountain Morning Movement
7:45am	Breakfast
8:30am	Morning Walk
<i>BEST OF GREEN MOUNTAIN: Featuring the Wayler Family</i>	
9am	Ditching the Diets Since 1973 with the Waylers
10:15am	Dance Fusion
11:30am	Diet Wars: Insights from the Latest Trends with Marsha Hudnall
12:15pm	Lunch
1:15pm	Metabolic Basics for Weight Gain/Loss with Alan Wayler
<i>BEST OF VERMONT: Springbrook Farm</i>	
2:30pm	Vermonting to a "Gentlewoman's Farm" Fitness Adventure to the "Top of the World"
4:15pm	Cheese House Tour & Mindful Tasting
6pm	GMFR Family Dinner
<i>BEST OF GMFR ALUMS: 45 Years of You!</i>	
7pm	Dance & Photo Booth

SATURDAY, OCTOBER 27

7:15am	Drumming Fun
8am	Breakfast
8:30am	Morning Walk
<i>BEST OF MINDFULNESS: Mind, Body & Soul</i>	
9am	Body Image & the Brain with Lesley Wayler
10:15am	Yoga for the Soul
11:30am	Body Gratitude Meditation
12:15pm	Lunch
1:15pm	Self-Regulation
2:30pm	Path of Life Mindful Vermonting
5:15pm	Self-Reflection/Break
6pm	Dinner
7pm	Bonfire & Mindful Evening Snack
8:30pm	Optional Nourishment

SUNDAY, OCTOBER 28

7:15am	Energy Flow
8am	Breakfast
9am	"Relapse" Prevention
10am	Check Out
10:30am	Reflection & Closing Circle at the Labyrinth
12pm	Lunch

Massages available by appointment.