

WILD RICE RETREAT

A CENTER FOR ARTS AND WELL-BEING

SAMPLE PERSONAL RETREAT SCHEDULE

To provide you with an idea of what you can expect once onsite, the following offers a glimpse of a typical personal retreat day. Schedules are subject to change and those visiting on a personal retreat are encouraged to call (715) 779-0178 or email info@wildriceretreat.com to inquire about specific options.

ARRIVAL DAY

4:00 pm	Check -in and settle into lodging – Overview of facilities and class options
5:00 pm – 6:00 pm	Movement or Meditation Class
6:00 pm – 9:00 pm	Evening Events or Free Time - Dinner may be available onsite if part of retreat package. Dinner likely served on Wednesday, Friday, and Sunday evenings.

DAILY

7:00 am – 8:00 am	Movement or Meditation Class
8:00 am – 8:45 am	Breakfast Buffet
	Free Time/Guided Excursions
12:00 pm – 1:00 pm	Lunch Buffet
	Free Time/Guided Excursions
3:00 pm	Afternoon Onsite Programming/Class (changes weekly and seasonally)
5:00 pm – 6:00 pm	Movement or Meditation Class
6:00 pm – 9:00 pm	Event Events or Free Time - Dinner may be available onsite if part of retreat package. Dinner served on Wednesday, Friday, and Sunday evenings.

For information on year-round area activities, dining options, excursions, shopping, and adventure options, visit www.bayfield.org. Wild Rice Retreat staff is also happy to provide recommendations and lists of options.