BLAMPING WELLNESS RETREAT 2026

AGENDA

Sunday

8:00AM | Light Refreshments
Retreat Center

10:00AM | Group Release
Facilitated by Zendalannette

11:00AM | Check Out

Modality & Activities

Massage Sessions*

Friday: 5PM-7PM
Saturday: 11AM-7PM

Activity Sessions

Kayak Sessions* 10AM-12PM, 5PM - 7PM
Archery* 11AM-12PM
Show up & Write 10AM-12PM

indicates sign up necessary

248-416-3118

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