

Freshitarian Kitchen Presents
Fit Piglet's Camp Nama~Stay

Thursday 10/01/2015

12:00-1pm Arrive

~Lunch & Introductory Activity
Tex-Mex Salad Bar

1:00-4pm *Workshop

~Scavenger Hunt and Sand Sculptures

4:30-6:00pm Yoga Practice

7:00-9:00pm Dinner

~Soups, Stews & Chili's

9:30-10:30pm Meditation

~Moon-Gazing Beach Meditation

Friday 10/02/2015

6:45-7:30am Juice

~Made to order fresh, organic juices

8:00-9:30am Yoga Practice

9:45-10:30am Freshitarian Breakfast

~Fit Piglet Pancakes & Fresh Fruit

11:00am-1:00pm Exploration PaddleBoard

~No experience necessary

1:15-1:45pm Juice

~Made to order fresh, organic juices

2:00-4:30pm *Workshop

~ Drum Design Collaborative

5:00-6:15pm Yoga Practice

7:00-9:00pm *Dinner Interactive

~Freshitarian Asian Themed Cuisine

9:30-11:00pm *Sound Healing Beach Mediation

~Crystal Bowls

Saturday 10/3/2015

6:45-7:30am Juice

~Made to order fresh, organic fruit & vegetable juices

8:00-9:30am Yoga Practice

9:45-10:30am Freshitarian Breakfast

~Made to order Omelets & Oatmeal

11:00am-1:15pm *Workshop

~The Magic Ring Workout Workshop

1:30-2:00pm Juice

~Made to order fresh, organic juices

2:30-4:30pm Yoga Practice

4:45-6:30pm *Workshop

~Zen Doodling Shindig

7:00-9:00pm *Vegan 'Cookout' Smorgasbord

9:30-11:00pm *Live Guitar On The Beach

Sunday 10/4/2015

6:45-7:30am Juice

~Made to order fresh, organic juices

8:00-9:30am Yoga Practice

9:45-12:00pm

***Freshitarian Breakfast & Closing Workshop**

~Piglet's Yogurt Parfait

~Slide show

***You don't want to miss these activities!**

****Due to weather and potential, unknown circumstances, the agenda is subject to change at anytime.**