

Snooze Fest Agenda

Please note: this is a *sample* agenda! For each Breakdown Session we offer *three options* you can choose from. One is designed to be social/move your body (SB), one internal/mindset (IM), the third is the always-an-option to do whatever the fu@! you want on your Snooze Fest (SF).

Day 1 - starts at 4:00 pm:

- Check-in and trade your suitcase for a glass with bubbles and your stress for relaxation!
- Welcome & Happy Hours (yes, multiple) - come as you are, there will be snacks
- Breakdown #1 (it's like a breakout, but more real and dancing is always optional)
 - SB: Active Icebreaker
 - IM: Book Club
 - SF: Do WTF You Want
- Dinner at the Lodge*
- Breakdown #2
 - SB: Game Night
 - IM: Craft Night
 - SF: Do WTF You Want - read in bed, stare at the stars, drink in the tub... the options are endless

Day 2:

- Breakfast and coffee, as you wish
- Breakdown #1
 - SB: Yoga & Gong Bath
 - IM: Journaling With Prompts and Bird Watching for Beginners
 - SF: Sleep In
- Breakdown #2
 - SB: Kayak On The River
 - IM: Spa Day Massage*
 - SF: Do WTF You Want - sleep longer, you might win an award
- Picnic Lunch At the Riverside or Walk Into Town*
- Snoozers Unite! "Meeting" with very little purpose, with snacks

Day 2 continued:

- Breakdown #3
 - SB: Wine Tasting/Guzzling*
 - IM: Values Cards & Tea Tasting (you can also have wine, obviously)
 - SF: Do WTF You Want
- Group Dinner & Ice Cream In Town
- Breakdown #4
 - SB: Tarot Card Reading
 - IM: Puzzle + Press
 - SF: Do WTF You Want (because this is always an option)

Day 3 - check out by 11:30, but you're welcome to check bags and hang longer:

- Breakfast and coffee, as you wish
- Breakdown #1
 - SB: Walk/Hike to the Local Coffee Shop
 - IM: Book Club Check-In with More Coffee
 - SF: Sleep In - you'll miss your awards ceremony, but that's ok
- Unwind or Rewind With Playtime by The River or Pool
- Farewell Snoozers Meet-Up

Additional Options That May Be Available:

Zip Lining*

Pickleball

Winery Tour*

Cheese Tour* (yes, you read that right)

Painting Class*

** indicates additional charge - this event is not included in the registration fee.*

Please check-out our Snooze Fest locations so you can get excited!!

[Dawn Ranch - 22 acre luxury retreat in Guerneville, CA \(in Sonoma County\)](#)