

FRIDAY, MARCH 27TH

11 - 11:45 a.m.	Yoga Cross
11	Chess 101
11:15	House History Tour
2 p.m.	Winter Activity (could be a snowshoeing walk, hiking, etc.)
2 - 5	Open Skating
3:15 - 4	Tai Chi for Neck & Back
3:30	Kubb "Viking Chess" *
4:15 - 5	Relaxation Meditation
7:30	WELCOME DINNER followed by cocktails & ice-breakers in the Carriage Lounge

SATURDAY, MARCH 28TH

7:30 - 9:30 a.m.	BREAKFAST
9	Barn Museum opens
9 - 5 Art Exhibit	Located in the Barn
9 - 9:45	Stretch & Breathe (Gentle Yoga)
9:30 - 12:30	Open Skating
10 - 11	Adult Swim
10 - 10:45	Vinyasa Flow
10	Winter Activity
11 - 11:45	Restorative Yoga
11:15	House History Tour
11:30 - 2	LUNCH
12 - 12:30	Mindfulness in Minutes
2 p.m.	Winter Activity
2 - 3	Qi Gong
2 - 5	Open Skating
3:30	Kubb "Viking Chess" *
7:30	SATURDAY NIGHT DINNER
9:30	Groovin' to the Music of Soul City

SUNDAY, MARCH 29TH

7:30 - 9:30 a.m.	BREAKFAST
9 - 5	Barn Museum open
9 - 5	Art Exhibit
9 - 10	Barkan Yoga
9:30 - 12:30	Open Skating
10 - 11	Adult Swim
10	Winter Activity
10:15 - 11	Core Strengthening
11:15	House History Tour
11:30 - 2	LUNCH

2	Winter Activity
2 - 5	Open Skating
2:30 - 3:15	Pilates
3:30 - 4:15	Mosaic Barre
4:30 - 5:15	Total Body Conditioning

***Kubb** is a lawn game where the objective is to knock over wooden blocks (kubbs) by throwing ... concrete, snow, or even ice. The alleged **Viking** origin of the game has led some players and **kubb** fans to nickname the game "**Viking chess**".

Looking forward to spending a wonderful weekend together! Please feel free to contact me at either 914-319-8022 or by email if you have any questions or concerns!