

# Washington Schedule

## Friday

**3:30-4:30pm**  
**Check In**

Pull into the Inn at Mazama, our home for the next three nights.

Receive your room number and get settled.

**5:30-6:15pm**  
**Slow Flow Yoga + Mindfulness**

Join Dora for a yoga class in the studio located on site. (Meet near the fireplace to walk over together at 5:20pm.)

**6:30-8:00pm**  
**Dinner**

Meet for drinks and appetizers in the fireplace room at the Inn—where we will be enjoying most meals this weekend—at 6:30pm. Dinner will be served at 7:00pm!

**8:30-10:00pm**  
**Relax and Hot Tub**

Feel free to enjoy the hot tub located just outside, find a quiet corner to read a book, or socialize in the fireplace room.

## Saturday

**8:00-8:45am**  
**Breakfast**

Hot coffee and a fire will be ready before food is served at 8:00am.

**9:00-9:30am**  
**Ski Theory & Gear**

Meet in the fireplace room. Get a quick intro to skate ski theory and what it's all about. Then, get fitted with skis, boots, and poles for the weekend.

**9:30-11:30am**  
**Ski Clinic I:  
Getting Comfortable**

Warm up with drills, practice skiing without poles, and learn V1. This will be an introductory lesson with a great re-cap of foundational skills for intermediate skiers.

*Find a light snack in the fireplace room.*

**12:00-1:00pm**  
**Slow Flow Yoga**

Dora will help us release any tension and tightness after this morning's ski.

**1:30-2:15pm**  
**Lunch**

Dig into a casual, picnic-style lunch in the fireplace room.

**2:30-5:00pm**  
**Explore Winthrop  
(On Your Own)**

If you've never been to Winthrop, you're in for a treat! This western-inspired town is full of shopping and sightseeing you won't want to miss.

Option to continue skiing at your leisure this afternoon instead.

**5:30-6:45pm**  
**Wine Tasting**

Re-group at Lost River Winery for a tasting!

**7:00-8:30pm**  
**Dinner in Winthrop**

Meet at the Arrowleaf Bistro in Winthrop for a delectable dinner of fresh, local ingredients.





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## Sunday

8:00-8:45am  
**Breakfast**

You know the drill: join us in the fireplace room for another filling breakfast.

9:15am-11:00am  
**Ski Clinic II:  
Hills and Speed**

Recap what we covered on day one, and learn how to get up and down hills safely and efficiently. Focus on V1 technique. We will also introduce the V2 technique and how to use all your newly acquired skills and gears to ski the terrain.

11:00am-2:00pm  
**Ski to Pizza**

Then, we will ski 5 miles (8 kms) to lunch at Woodstone Pizzeria.

If you are not feeling up for skiing this far, simply drive and meet us there instead! We will have a car waiting to drive us back after lunch, or you have the option and time to return by skis.

*Lunch is at 12:30pm.*

2:00-3:45pm  
**Free Time**

Continue skiing, take a nap, or to head to the Mazama Store located just behind the Inn for a souvenir or an afternoon pick-me-up.

*Return all ski equipment.*

4:00-5:15pm  
**Flow Yoga +  
Meditation**

Take time to integrate all the beauty that you experienced through the weekend, and create a constructive vital visualization for your year ahead.

6:30-8:00pm  
**Dinner**

Served in the fireplace room.

8:30-10:00pm  
**Hot Tub or Fire Pit**

Reflect on a fun-filled two days around an outdoor fire, or simply catch up on some Zzzs.


## Monday

8:00-8:45am  
**Breakfast**

Enjoy one final breakfast and a hot cup of coffee at the Inn.

11:00am  
**Check Out**

Unfortunately, real life calls us back to SEA. If you have the time, feel free to continue enjoying the Methow Valley after a hug goodbye! Ski rentals and trail passes are available next door.

 All activities are completely optional. If you decide to take some time for yourself, just let us know!

