



LIZA LAIRD

Yoga + Yarn at Good Commons Nov 8-11, 2012

Thursday	Friday	Saturday	Sunday
	7:30 am – 8:30 am Breakfast	7:30 am – 8:30 am Breakfast	7:30 am – 8:30 am Fruit & Coffee/Tea
	9:00 am – 10:30 am Yoga Class	9:00 am – 10:30 am Yoga Class	9:00 am – 10:00 am Yoga Class
10:30 am Secaucus Train Station, NJ pickup	10:30 am – 11:00am Group Knitting Project	10:30 am – 11:-00am Group Knitting Project	10:00 am – 10:-30am Group Knitting Project (or take this time to pack)
11:30 pm Red Bank, NJ pickup	11:30 am – 1:00 pm Lunch	11:30 am – 1:00 pm Lunch	10:30 am – 12:00 pm Brunch
	1:00 pm – 3:30 pm Visit local yarn shop in Woodstock, Vermont and explore town and enjoy local shops	1:00 pm – 2:30 pm Visit to local yarn shop Six Loose Ladies and farmers market	12:00 pm departure
	3:30 pm – 4:30 pm Group Knitting Project	2:30 pm – 4:30 pm Group Knitting Project and option to knit personal projects	
5:30 pm – 6:00 pm Arrival + Yoga class (a short class to help you stretch out after the bus ride)	5:00 pm – 6:30 pm Restorative Yoga Class	5:00 pm – 6:30 pm Restorative Yoga Class	
6:30 pm – 7:00 pm Welcome to Good Commons + champagne toast!	6:30 pm – 7:00 pm Free time	6:30 pm – 7:00 pm Free time	
7:00 pm Dinner	7:00 pm Dinner	7:00 pm Dinner	DETAILS SUBJECT TO CHANGE ALL ACTIVITIES ARE OPTIONAL