



# Songtown Songwriters Retreat

+1 604-862-7772

| [bookings@reorafting.com](mailto:bookings@reorafting.com)

| [www.reorafting.com](http://www.reorafting.com)

---

*Early Arrival*

*Optional 6-Day  
Retreat Arrive a  
day early and  
enjoy the resort.*

**Thursday, July 31**

**Guest Check-in:** 4:00 - 5:00 PM  
**Optional Yoga:** 5:00 PM *(or add-on massage)*  
**Explore the Resort:** 6:00 - 7:00 PM  
**Dinner:** 7:00 PM  
**Optional Yoga:** 8:30 - 9:30 PM  
**Campfire & Songs:** 9:00 - 11:00 PM

---

*Day 1*

*5-Day retreat  
begins, check-in  
at 2:00 PM.*

**Friday, August 1**

**Optional Yoga:** 7:00 AM  
**Coffee & Tea:** 7:30 AM  
**Breakfast:** 8:15 AM  
**Whitewater Rafting:** 9:30 AM - 1:00 PM *(or massage at 9:30, 10:45, or  
12:00 noon)*  
**Lunch:** 1:15 PM

**Guest Check-in:** 2:00 - 3:00 PM  
**Session #1:** 3:00 - 4:30 PM *(Song Retreat Starts)*  
**Session #2:** 5:00 - 6:30 PM  
**Dinner:** 7:00 PM  
**Optional Yoga:** 8:30 - 9:30 PM  
**Campfire & Songs:** 9:00 - 11:00 PM

---

*Day 2*

**Saturday, August 2**

**Optional Yoga:** 7:00 AM  
**Coffee & Tea:** 7:30 AM  
**Breakfast:** 8:15 AM  
**Session #3:** 9:30 - 11:00 AM  
**Session #4:** 11:30 - 1:00 PM  
**Lunch:** 1:15 PM  
**Beach or Guided Hike:** 2:15 - 3:15 PM  
**Session #5:** 3:30 - 6:00 PM  
**Hot Tub & Relax:** 6:00 - 7:00 PM  
**Dinner:** 7:00 PM  
**Optional Yoga:** 8:30 - 9:30 PM  
**Campfire & Songs:** 9:00 - 11:00 PM

---

---

*Day 3*

**Sunday, August 3**

**Optional Yoga:** 7:00 AM

**Coffee & Tea:** 7:30 AM

**Breakfast:** 8:15 AM

**Session #6:** 9:30 - 11:00 AM

**Session #7:** 11:30 - 1:00 PM

**Lunch:** 1:15 PM

**Beach or Guided Hike:** 2:15 - 3:15 PM

**Session #8:** 3:30 - 6:00 PM

**Hot Tub & Relax:** 6:00 - 7:00 PM

**Dinner:** 7:00 PM

**Optional Yoga:** 8:30 - 9:30 PM

**Campfire & Songs:** 9:00 - 11:00 PM

---

*Day 4*

**Optional Yoga:** 7:00 AM

**Coffee & Tea:** 7:30 AM

**Breakfast:** 8:15 AM

**Session #9:** 9:30 - 11:00 AM

**Session #10:** 11:30 - 1:00 PM

**Lunch:** 1:15 PM

**Session #11:** 3:00 - 5:30 PM

**Group Photos:** 5:30 - 6:00 PM

**Social Hour:** 6:00 - 7:00 PM

**Dinner:** 7:00 PM

**Performance Stage:** 8:30 - 11:00 PM (*plus hot tub & campfire*)

---

*Day 5*

**Optional Yoga:** 7:00 AM

**Coffee & Tea:** 7:30 AM

**Breakfast:** 8:15 AM

**Retreat Feedback:** 9:30 - 10:30 AM

**Check-out:** 11:00 AM

---