

# Fruit House Retreat Schedule

January 11-20, 2018

Fruit House Private Events

FWF Public Meetups

## Thursday, January 11th

1pm-6pm: **Check in** and welcome refreshments

*This will be a casual time to settle in a get to know one another. You may stay at the house or go out into Chiang Mai and explore. Please notify us if you will be arriving after 6pm. You are responsible for getting to the Fruit House. [Here](#) are directions to the homestay, Viva Chiang Mai. [Here](#) is additional information on how to get a taxi from the airport.*

7:00pm-7:45pm: **Short Welcome Gathering**

*We will come together for a short circle and greeting before resting for the night. We will have our main opening circle the following night.*

## Friday, January 12th

8am-9am- **Yoga** with Amanda

10am-Tsongtoa to **Muang Mai Market** and then to the park. We will leave for the park at 11:30am.

Meetup: **Welcome Fruitluck**

Location: Nong Buak Hard Park

Start Time: Noon

Transportation: (see above- fruit house tsongtoa to market and then park)

Activities During Meetup: 12:45-1:15pm: Announcements, greeting and game

6:30pm-8pm- Fruit House **Opening Circle and Authentic Relating Games** with Brittany and Conor

## Saturday, January 13th

8am-9am- **Yoga** with Amanda

Meetup: **Games & Acro at the Lake**

Location: Huai Tueng Thao Lake

Start Time: Noon

Transportation: 11:30am: Tsongtoa leaves from Fruit House

Activities During Meetup: 12:45-1:15pm: Authentic Relating Games

1:30-2:30pm: Partner Acrobatics class with Brittany and Conor

Meetup: **Dancing!**

Location: Zoe in Yellow

Start Time: 8:30pm

Transportation: 8pm tsongtoa leaves from Fruit House. We will have one tsongtoa coming back as a group around 10pm. If you want to stay out later, please arrange your own transportation.

## Sunday, January 14th

Meetup: **JJ's Market**

Location: JJ's Market

Start Time: 8:30am

Transportation: 8am tsongtoas leave from Fruit House (*We will not be back in time to go to Muang Mai, so please choose either one market trip or the other.*)

10am-12:30pm: Trip to **Muang Mai Market** and back to the Fruit House

3pm-4pm: **Food Demo** with Brianna

Meetup: **Super Rad Fruit House Party**

Location: Fruit House

Start Time: 5pm

End Time: 9pm

## Monday, January 15th

8am-9am- **Yoga** with Amanda

Meetup: **Indoor Rock Climbing at No Gravity**

Location: No Gravity Indoor Rock Climbing Gym

Start Time: 1pm

Transportation: 12:15pm Tsongtoa leaves from Fruit House

6:30-8pm: **Deepening Circle and Authentic Relating Games** with Brittany and Conor

## Tuesday, January 16th

8am-9am: **Yoga** with Amanda

Meetup: **Mae Sa Waterfalls**

Locations: Mae Sa Waterfalls

Start Time: Noon

End Time: 4pm

Transportation: 11am: Tsongtoa leaves from Fruit House

7-8pm: **Guided Meditation with Conor**

*This guided meditation, geared towards winding down, connecting with your self and letting all the active parts inside of you rest.*

## Wednesday, January 17th

8am-9am- **Yoga** with Amanda

9:30-10:30- **Guided Journaling** with Brittany

Meetup: **All You Can Eat Vegan Buffet**

Location: Happy Green

Start Time: Noon

Transportation: 11:30am: Tsongtoa leaves from Fruit House

2pm-3:30pm: Trip to **Muang Mai Market from Happy Green Buffet** and back to the Fruit House

7-8pm: **Presentation by Guest Dr. Tumi Johnson, Topic: Tribe Power**

Who is your community? Is that community supporting your best health and happiness? And if not, how you can you shift this? During this presentation called "Tribe Power," Tumi will discuss how we knowingly and unknowingly create our community and the vital role that community plays in our health. She shall share evidence from science as well as stories from her own life and from her holistic medical work, all demonstrating just how transformative one's "tribe" can be. She will also offer tips on how to create a loving, positive, and health supportive community, no matter where you live. The presentation shall incorporate Tumi's dance movement and there shall be time for a Q+A session at the end.

[www.drtumijohnson.com](http://www.drtumijohnson.com)

<https://www.youtube.com/user/thepoemdances>

Instagram: *thepoemdances*

## Thursday, January 18th

9am-10am: **Ecstatic Dance**

Meetup: **Yoga, Play and Q&A**

Locations: Rama IX Lanna Park

Start Time: Noon

Transportation: 11:15am: Tsongtoa leaves from Fruit House

Activities During Meetup: 12:45pm-1:30pm Yoga with Tumi

2pm-3pm: Q&A with Conor & Brittany Anything goes! Come bring your questions and join us for this relaxed, intimate Q&A.

5:30pm-8pm: **Dinner and Talent Show**

*Sign up to join in the community dinner or just make your own along side us as we prepare food together, eat, laugh, and enjoy one another. Dinner will be followed by a time for anyone who wants to share a talent they have with the fruit house clan.*

## Friday, January 19th

Meetup: **Pilgrim's Hike to Wat Phalad and Doi Suthep Temple**

Location: Meet at Chiang Mai University Entrance

Start Time: 9:45am (meet to start hike)

Transportation: 9:15am tsongtoa leaves from Fruit House

6-7pm: **Closing Circle**

*(Evening: Intentionally left open for the development of impromptu gatherings between fruit house friends on their last night together in the space. Enjoy dinner, dancing, relating, massage, or anything that you desire!)*

## Saturday, January 20th

8am-9am: **Yoga** with Amanda

9:45am: **Check Out + Group Picture**

Meetup: **Ecstatic Dance**

Location: The Yoga Tree

Start Time: 11am

End Time: 12:15pm

Transportation: 10:30am Tsongtoa leaves from Fruit House

Activities During Meetup: Dancing! Rules: No talking, no shoes, honor yourself and those around you.

Meetup: **Fruitluck Goodbye and Cry**

Location: Nong Buak Hard Park

Start Time: 12:30pm

Transportation: 12:15pm Tsongtoa leaves from The Yoga Tree

Activities During Meetup: Enjoying our final official FWF gathering together

***Suggested Post FWF Activity (not an official meetup): Saturday Night Market***

Location: Chiang Mai Gate and beyond

Start Time: Evening and Night

Activities During Meetup: Casual meetup to get a chance to check out a night market in Chiang Mai! Hang with friends as you explore the stalls, listen to some music or get a foot massage.

Please Note: No official start time or meetup location. Message with people in the FB group if you want to connect with friends there.

Please Note: We may make changes to the schedule.