

Northwest Massage Therapists' Retreat
Breitenbush Hot Springs, Oregon
July 7-10, 2023

F r i d a y	
3-6 pm	Check into camp (move into your accommodations at 4 pm or later)
6-7 pm	First meal (dinner)
7:15-8:45 pm	Introduction to the weekend with Brian, Laurie and Breitenbush event coordinator (North Wing/Lodge, required for all)
S a t u r d a y	
7-8 am	Yoga with Adi Turner (North Wing/Lodge, all welcome)
9 am-1 pm	CE: Structural Work for the Ribcage and Thoracic Spine with Pat O'Rourke (North Wing/Lodge, pre-registration required)
2-6 pm	CE: Neck and Shoulders: Release and Integration with Joseph Rodin (North Wing/Lodge, pre-registration required)
7:45-9:15 pm	The Rebirth of Breitenbush with Peter Moore, co-founder and business director of Breitenbush (North Wing/Lodge, all welcome)
S u n d a y	
7-8 am	Yoga with Adi Turner (North Wing/Lodge, all welcome)
9 am-1 pm	CE: Introduction to Table Thai with Joe Lavin (North Wing/Lodge, pre-registration required)
2-6 pm	CE: Specific Structural Work for the Low Back, Hips and Psoas with Nicole Masters (North Wing/Lodge, pre-registration required)
9-11 pm	Bonfire (on the floodplain, all welcome)
M o n d a y	
7-8 am	Yoga with Adi Turner (North Wing/Lodge, all welcome)
9:30 am-12:45 pm	CE: Vision and Upper Body Tension with MaryBetts Sinclair (North Wing/Lodge, pre-registration required)
12:30-1 pm	Pack up & prepare for departure
1 pm	Lodging check-out (remove all your belongings from rooms, tents, sites)
1-2 pm	Last meal (lunch)
3 pm	Latest time to leave the grounds

- **Registered for CE?** Please arrive at least 10 minutes early to check in and pay your tuition balance by cash or check made out to the instructor (no credit cards, Venmo, PayPal, etc).
- **Meals:** Breakfast is 8-9 am, lunch is 1-2 pm, dinner is 6-7 pm.
- **Massage/bodywork sessions:** The Breitenbush Healing Arts staff offers massages. Pre-registration with cash or credit card is required. In advance, call the Breitenbush office at (503) 854-3320. At the event, visit the office in person.
- **Watsu:** Sessions offered in the first Meadow Pool on Saturday and Sunday. Sign-up sheet will be in the lodge starting after our introduction to the weekend on Friday night. Pay the practitioner directly by cash or check only: \$40/half-hour, \$80/1 hour. Once you sign up, you are committed to paying or arranging a paying client to take your place.
- **Driving home:** We recommend giving yourself ample time for a leisurely drive home (5.5-6 hours to Seattle). The "back way" (via Hwy 224 and 46) just re-opened in late June after being closed since the wildfires of 2020; if you plan to go this way, confirm current road conditions in advance, and note there are no services and no cell phone reception between Estacada and Detroit.