

THE VIBRANT MUSICIAN VIRTUAL RETREAT SCHEDULE

DAILY OVERVIEW

All times refer to EST

10 AM
Yoga and Movement for Musicians

BREAK (90 MIN)

1 PM
Career Discussions & Activities

BREAK (90 MIN)

4 PM
Cooking

DAY 1

Friday, April 9th

Timani with Hannah

Get in touch with the muscles that have the most direct impact on your music-making with Timani, a unique musician-focused modality. Have your instrument handy, if possible!

Choosing Your Direction with Sarah K.

Get clear on what is and is not currently serving your career, and make a commitment to a goal that you'll be focusing on throughout the retreat and beyond.

Cut Your Cooking Time in Half with Sarah K.

Cooking doesn't have to take hours! In tonight's session, we'll focus on simple techniques for shortening and simplifying the cooking process. Recipe TBA.

DAY 2

Saturday, April 10th

Yoga with Brianne & Amelia

Start your day with Brianne and Amelia from Yoga for All Musicians, who will lead you through classes tailored to musicians' needs.

Removing Roadblocks with Sarah W.

Figure out what might be holding you back from moving forward with your goals, and gain tools for pushing past those obstacles.

Tofu Steaks in Coconut Ginger Lime Sauce with Rice & Greens with Sarah K.

Put your kitchen efficiency skills to the test with this hearty, filling plant-based dish (that is surprisingly easy to make)!

DAY 3

Saturday, April 11th

Yoga with Elena & Melissa

Begin your final day with Elena and Melissa from Intermission, who will lead us through mindfulness and yoga classes for musicians.

Charting Your Course with Sarah K.

By now, you'll have a goal in mind and a plan of action for overcoming obstacles. Now, let's put your plan into motion and keep you accountable!

Sheet Pan Mushroom Tacos & Mocktails with Sarah K.

Tonight's dinner is a one-pan wonder that's so delicious, you won't even know it's meatless! We'll pair these with a refreshing mocktail (or cocktail, your choice!) to celebrate the end of an amazing weekend retreat.