

Ranch Yoga Weed Pull 2026 – Menu & Schedule

	Thursday June 11	Friday June 12	Saturday June 13	Sunday June 14
Coffee & Pastry 7:30 am Meditation 8:00 am – 8:20 Yoga 8:30 am – 9:30		Pastry OJ, Coffee, Tea Yoga	Pastry OJ, Coffee, Tea Yoga	Pastry OJ, Coffee, Tea Yoga
Breakfast 9:45 am		Scrambled eggs Granola, yogurt Fruit OJ, Coffee, Tea Ranch Walk	Blueberry pancakes Granola, yogurt Fruit OJ, Coffee, Tea Farmers Market	Veggie frittata Pastry (left overs) Fruit OJ, Coffee, Tea
Lunch 12:30 pm Weed Pulling 2 pm - 4 pm Friday & Saturday	Wraps - flour tortillas - veggie fillings - Pico de Gallo Fruit	Sandwiches, fruit, snacks Weed Pulling 2-4 pm	Sandwiches, fruit, snacks Weed Pulling 2-4 pm	Deli Leftovers Fruit Pack up
Supper 6:30	Prawns & pasta in a cream sauce Vegetables Salad	Steelhead Baby red potatoes Corn On the Cob Salad	Baked Chicken Fried tofu Vegetables Salad	
Meditation and Tea 8:00	Peppermint tea	Peppermint tea	Peppermint tea	