

An Immersion with Esther

August 19–22, 2026 | Palo Alto, CA

DAY 1	Wednesday, August 19 – Welcome & Foundations
9:00 AM	Welcome & Introductions Coffee, tea, and light morning refreshments
9:00 AM	Posture Baseline Photos taken
9:45 AM	Core Techniques: Stretchsitting & Stacksitting
11:15 AM	Tallstanding & Glidewalking <i>Completing 2+ hours of hands-on instruction</i>
12:30 PM	Lunch <i>Provided at the studio</i>
1:30 PM	Guided rest & Stretchlying – restoration and integration
2:15 PM	Afternoon Outing – Palo Alto neighborhood walk including Gamble Garden Center <i>Applying technique in real-world setting</i>
4:30 PM	Return to studio – Reflection & Q&A
5:00 PM	Day closes

DAY 2	Thursday, August 20 – Deepening the Practice
9:00 AM	Morning check-in & warm beverage
9:15 AM	Review & refinement of Day 1 techniques
10:15 AM	Hip-hinging, Glidewalking deep dive <i>2+ hours of hands-on instruction</i>
12:30 PM	Lunch <i>Provided at the studio</i>
1:30 PM	Guided rest & integration – Stretchlying on the Side
2:15 PM	Afternoon Outing – Stanford Cantor Art Center and Rodin Sculpture Garden <i>Observing and mimicking posture and movement as seen in painting and sculpture</i>
4:30 PM	Group debrief
5:00 PM	Day closes

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DAY 3	Friday, August 21 – Integration & Application
9:00 AM	Morning check-in
9:15 AM	Advanced technique work – floor work, carrying, exercise <i>Completing 2+ hours of hands-on instruction</i>
11:30 AM	Guided deep rest & personal practice
12:30 PM	Lunch <i>Provided at the studio</i>
1:30 PM	Guided rest and integration
2:15 PM	Afternoon Outing – Papua New Guinea Sculpture Garden <i>Exploring posture in art, history, and movement</i>
4:30 pm	Group debrief
5:00 PM	Day closes
Evening	Group dinner and Movie Night <i>Dinner provided – curated films highlighting natural posture and movement</i>

DAY 4	Saturday, August 22 – Closing & Going Forward
9:00 AM	Morning check-in & warm beverage
9:15 AM	<i>Taking a new set of after photos</i>
9:45 AM	Personalized feedback Review and Building a home practice <i>Tools, habits, and resources for continuing the work</i>
12:30 PM	Closing lunch together <i>Provided at the studio</i>
1:30 PM	Guided rest and integration
2:15 PM	Afternoon Outing – Neighborhood walk <i>A relaxed close to the week</i>
3:00 PM	Closing circle & farewell
3:30 PM	Retreat concludes <i>Depart at your convenience</i>