# 3 Night - 4 Day Forum Retreat at Boundless Farm

**Draft Agenda: Based 8-12 participants** 



#### Day 1:

- Arrival (time dependent) @ Angel House
  - o Private transportation to Boundless Farm from Airport
- Opening forum exercise 3 hours needed
  - Welcome wine pairing sampler OR Bourbon Tasting
- Connection supper
  - o Farm to Table meal creation with immersion/education with Private Chef
- Fire Pit evening @ Angel House with drinks and smores
  - o ATV/UTV access for daily use
  - o Largemouth Tiger Bass Lake access for daily use
  - o Boat paddle or Kayak access for daily use

## Day 2

- Morning routine (woods walk, trail run, stretching, gym access)
  - o Cold plunge/sauna available
- Breakfast at The Barn (Private Chef)
- BOUNDLESS LIFE WORKSHOP
- Lunch at Angel House (Private Chef)
- Continuation of BOUNDLESS LIFE WORKSHOP
- Afternoon/Early evening Boat House visit
  - Fishing rodeo
  - o Boat paddle
  - Kayak paddle
- Supper Southern BBQ Cookout at Angel House
  - o Private chef onsite for the day all 3+ meals
- Fire Pit evening @ Boat House with drinks and snacks

#### Day 3

- Morning routine (woods walk, stretching, gym access)
  - o Cold plunge/sauna available
- Breakfast at The Barn (Private Chef)
- Expert HOUR
  - o Choice of Top 5 experts on a topic/learning and connection
- Lunch at The Barn (Private Chef)
- Early afternoon Farm activities
  - o Axe & Arrow competition
  - Skeet clay shotgun
  - Western pistol and long gun targets
  - ATV/UTV rides
  - Return to fish
- Late afternoon/Early evening BBQ/History tour Memphis (led by Private Tour Guide)
  - o BBQ tour, with education around local BBQ locations
  - o History tour, including the Civil Rights Museum
- OR Optional time slot to have a forum meeting and followed with a closing supper on-site
  - o Fire Pit evening @ Boat House with drinks and snacks

## Day 4

- Breakfast at the Barn House (Private Chef)
- Departure timing TBD
  - o Private transportation to Airport from Boundless Farm