

FRIDAY		SATURDAY		SUNDAY	
5:00pm	Opening Ceremony, Orientation, Safety, Intention Setting	8:00am	Breakfast	7:00am	Sunrise Walking Meditation (45 min)
6:00pm	Dinner / Smores	8:45am	Morning Activity - Trail Run - Adventure Essentials - Five Senses Nature Walk	8:00am	Breakfast & Pack Up
7:30pm	Cultivating a Lifelong Nature Habit Panel	10:00am	Workshops & Activities - Demystifying Meditation (90 min) - Waking Up to Our Senses and the World Around Us Through Yoga, Journaling, and Aromatherapy	8:45am	Workshops & Activities - Leave No Trace and Sustainability Outdoors - Summer Swell: Nurturing Our Sense of Well Being - Plein Air Painting - Waking Up to Our Senses and the World Around Us through Yoga, Journaling, and Aromatherapy
8:30pm	Mother Moon, Sister Stars				
9:00pm	Lights Out	Noon	Lunch	11:00am	Closing Ceremony
		1:00pm	Workshops & Activities - Sewing & Textile Art: WW Quilt - Embodying Your Grief - Leave No Trace and Sustainability in the Outdoors		
		3:15pm	Workshops & Activities - Plein Air Painting - Writing Wild: StoryTelling - Summer Swell: Nurturing Our Sense of Wellbeing - Making Sense of Maps		
		5:15pm	Open Time		
		6:00pm	Dinner		
		7:00pm	Skill Shares + Check In - Night Moves - Art of Listening - Happy Trails - Location, Location, Location		
		8:30pm	Evening Activities: - Rest & Rest: Restorative and Yoga Nidra - Portal Dreams		
		9:00pm	Lights Out		