

Itinerary

Thursday:

9:30-10:30am - Arrival
11:00 - Intention setting and yoga
12:00 - Lunch
2/3:00pm - Mindfulness photo challenge
5/6:00pm - Dinner, meditation and fire

Friday:

7:00am - Yoga
8:30am - Breakfast
10:00am - Nature walk/kayak
12:30pm - Lunch
3:00pm - Mindfulness and skills practice, journal
5/6:00pm - Dinner, meditation and fire

Saturday:

7:00am - Yoga
8:30am - Breakfast
10:00am - Nature walk/kayak
12:30pm - Lunch
1:30pm - Drama class
3:00pm - Mindfulness and skills practice, journal
5:00/6:00pm - Dinner and Meditation
Movie Night

Sunday:

7:00am - Yoga
8:30am - Breakfast
12:00pm - Lunch

