

	Sun	Weekday Activities	Sun
7:00-8:00		Morning Sadhana: yoga, meditation	
8:00-9:00		Breakfast	
9:00-10:30		Kirtan Music: Song Writing, instruments, singing, rhythm Drama Games w/ families Ultimate Frisbee, sports Crafts, Dream Catchers, Woodworking Donner= Trust Games, Rock climbing, cooperation	
10:30-10:45		Break	
10:45-12:15		Ultimate Frisbee Wilderness: Edible Foods/ Herbs Dance (African, Indian, Modern) Tie Dye/ Henna/ Body Paint + T-shirt making	11-12 Closing/ Highlights/ Gratitude
12:15-1:15		Lunch	
1:15-2:45		Raja Yoga/Positive Psychology Sharing Nature River Day/ Music/Hiking Rite of Passage Activities, Creative Writing	Departure Time: 2:00
3:00-4:30	Check in/ Hang out	Wilderness Survival Vision Board Making, Fine Arts Natural Building Rite of Passage Activity	
4:30-5:45	6-7 Tour/ Orientation	Quiet/ Rest/ Showers/ Journaling	
6:00-7:00	Dinner		
7:30-	Campfire/ Bonding Games Night Hike Evening Outdoor Kirtan on Ridge Informal Talent Show Inspirational Movie Night Volleyball + Campfire		