

Mindfulness in Nature Weekend Retreat - Draft Schedule (Friday, Oct 18th - Sun, Oct 20th)

Friday

6-7 pm Dinner

7:15-8:15 pm Introductions and Short Meditation

8:15 on – Campfire

Saturday

8-9 am Breakfast

9:30 – noon Morning Mindfulness in Nature session (Intro to Mindfulness, guided sitting meditation, nature-based sensory activity – either Mindful Scavenger Hunt, Nature Collection and Art Experience, or Mindful Walk)

12:30 – 1:30 pm Lunch

2-3 pm Breathing Techniques

3:15-4:45 pm Interpretive Hike with PEEC staff and/or Boating on the Lake

6-7 pm Dinner

7:30 on – Board games and Campfire

Sunday

8-9 am Breakfast

9:30 – noon Morning Mindfulness in Nature session (Mindfulness Instruction, guided sitting meditation, nature-based sensory activity – either Mindful Scavenger Hunt, Nature Collection and Art Experience, or Mindful Walk); time for personal reflection – journaling, etc

12:30 – 1:30 pm Lunch