

Thursday, August 24th			Friday, August 25th			Saturday, August 26th			Sunday, August 27th		
			6:30	Option 1: Sunrise Yoga	Dock	6:30	Option 1: Sunrise Yoga	Dock	6:30	Option 1: Sunrise Yoga	Lake Dock
				Option 2: Sunrise Qigong	Lakeside		Option 2: Sunrise Qigong	Lakeside		Option 2: Sunrise Qigong	Lakeside
				Option 3: Guided Walk Around the Lake	Lakeside		Option 3: Guided Walk Around the Lake	Lakeside		Option 3: Guided Walk Around the Lake	Lakeside
			7:30	Morning Meditation	Lakeside	7:30	Morning Meditation	Lakeside	7:30	Morning Meditation	Lakeside
			8:00	Breakfast - Egg Frittatas	Cafeteria	8:00	Breakfast - Power Bowls	Cafeteria	8:00	Breakfast - Salmon Lox Bar	Cafeteria
			9:30	Education and Inspiration with Rachel. What keeps you from hearing your own voice?	Camp fire	9:30	Education and Inspiration with Rachel. How to quiet the world so you can hear your own voice.	Camp fire	9:30	Education and Inspiration with Rachel. What is your voice telling you?	Camp fire
			10:30	Small Group Introspection and Connection	various	10:30	Small Group Introspection and Connection	various	10:30	Small Group Introspection and Connection	various
12:30	Arrive and settle into camp		12:30	Lunch - Carne Asada Taco bar	Cafeteria	12:30	Lunch - Yellow Chicken Curry	Cafeteria	12:00	Lunch - Garlic, Tomato, Basil Soup	Cafeteria
1:30	Welcome and Inspiration with Rachel	Camp fire	2:00	Option 1: Intro to Mindfulness Meditation	Picnic Tables	1:30	Option: Hike to Giant Sequoias	The Bell	1:30	Goodbye Ceremony	Camp Fire
3:00	Option 1: What is Qigong?	Lakeside		Option 2: Understanding a Narcissist	Camp Fire	2:00	Option 1: Lovingkindness Meditation Part 1	Camp Fire			
	Option 2: Healthy Communication Skills	Cafeteria		Option 3: Own Your Orgasm	Art Shed		Option 2: Band Warming	Picnic Tables			
	Option 3: Create a Healing Art Journal	Picnic Tables	4:00	Option 1: Daoist 5 Organ Exercise	Lakeside		Option 3: Creative Expression in Journaling	Deck			
5:30	Dinner - Cilantro Lime Chicken	Cafeteria		Option 2: Full Body Focus	Deck	4:00	Option 1: Lovingkindness Meditation Part 2	Lakeside			
7:00	Option 1: Landing Meditation	Lakeside		Option 3: Manifesting Your Goals	Lakeside		Option 2: Move with Sensation and Emotion	Deck			
	Option 2: Twilight Qigong	Lakeside	5:30	Dinner - Oven baked Spaghetti and Zucca	Cafeteria		Option 3: Lower Body POWER	Camp Fire			
8:30	Gather Around the Fire - Setting Intentions	Camp Fire	7:00	Option 1: Twilight Yoga	Deck	5:30	Dinner - Beef and Vegetable Shish-Kabobs	Cafeteria			
				Option 3: Twilight Boating	Lakeside	7:00	Dance with DJ Jeff Mora	Bball Court			
			8:30	Option 1: Stargazing	Lakeside	8:30	Social Time	Cafeteria			
				Option 2: Art Social	Cafeteria						