



### **Tentative Schedule**

Friday:

3:00-4:15 Registration/ Check in at the MAC Lodge

4:30-5:15 Welcome, Introductions

5:20 - 5:50 Dinner in the Superior Dining Hall

7:00 Somatic Movement and Meditation, Weesner Commons/ MAC Lodge

9:00 Social Time

Saturday:

7:30 Yoga in the Weesner Commons

9:00 continental breakfast in the MAC Lodge

10:00- 1:00 Naturalist led Hike with lunch on trail

2:00-5:00 free time

5:20 - 5:50 Dinner in the Superior Dining Hall

7:00 Restorative Reiki Sound Bath, Weesner Commons

9:00 Campfire at the MAC Campfire Ring

Sunday:

7:30 Vin-Yin yoga, Weesner Commons

9:00 continental breakfast in the MAC Lodge

10:00 Forest Bathing Meditation

11:30-12:30 Closing Circle and lunch in the Superior Dining Hall