

SAMPLE SCHEDULE

TIME	ACTIVITY
6:45am	Morning Meditation (optional)
7:30am	Breakfast
9:00am	Group Check-in & Grounding Activity
10:00am	Break
11:00am	Trauma-Informed Nature Connection Activity
12:00pm	Lunch
1:30pm	Canoe & Group Connection Exercise
3:00pm	Break & Free Time to Explore NatureBridge
3:30pm	Retreat Activity - Journaling, Meditation, Singing Bowls
6:00pm	Dinner
7:30pm	Campfire & Nature Connection Activity
9:00pm	Free Time in Cabins

NOTE

The above is a sample schedule for a single day of the retreat. All activities are subject to change due to weather, other unforeseen circumstances, and/or the best judgement of the facilitators.