**Sample Schedule**

**Thursday**

Arrival Time: 3:00 PM

Get to know you: 4:00-5:00

Group Session/Yoga 5:30-6:30

Community Dinner: 6:45-7:45

Group Sound Bath/Meditation 8:00-8:45

Bonfire fun/Free Time

**Friday**

Sunrise Yoga 7:00-7:45

Nature Walk: 8:30-9:30

Light Breakfast 10:00- 11:00

Free time: 11:00-12:00

Group Session: 12:00-1:00

Themed Activity 1:00-2:00

Free time: 2:00-3:00

Yoga: 3:30-4:30

Community Dinner: 5:00-6:00

Themed Meditation 6:30-7:30

Bon Fire Fun

**Saturday**

Sunrise Yoga: 7:00-7:45

Nature Walk: 8:30-9:30

Light Breakfast: 10:00- 11:00

Free time: 11:00-12:00

Group Session: 12:00-1:00

Themed Activity 1:00-2:00

Montana Adventure: 2:30-5:30

Community Dinner: 6:30-7:30

Yoga/Themed Meditation: 8:00-9:00

Bon Fire Fun

**Sunday**

Sunrise Yoga: 7:00-7:45

Morning Meditation: 8:00-8:30

Light Breakfast: 8:30-9:30

Group Session: 10:30-11:30

Pictures and goodbyes 12:00-1:00