

<b>The Work That Reconnects</b>	Welcome	Coming from Gratitude	Truthing/ Honoring our Pain	Integration & Restoration	Seeing with New Eyes	Going Forward
<b>Theme</b>	Landing	Trust	Grounding & centering	Rest & Digest	Revelation	Goodbye
<b>Date</b>	Tue, Jul 20	Wed, Jul 21	Thu, Jul 22	Fri, Jul 23	Sat, Jul 24	Sun, Jul 25
6:30-7:30	---	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
8-9:30	---	Silent Breakfast + Cleanup	Silent Breakfast + Cleanup	Silent Breakfast + Cleanup	Silent Breakfast + Cleanup	Silent Breakfast Cleanup
9:30 - 12	---	Walking meditation + Trust Building	Walking + Nature Play	Water Walk + Yoga Nidra	Ramon: Building a new future	Closing circle
12:30-2	---	Lunch + cleanup	Silent Lunch + cleanup	Silent Lunch + cleanup	Silent Lunch + cleanup	Leftover food, clean, departures
2 – 3:30	Participants arrive	Partner Yoga	1/2/4/all Setup and Sharing  Teaching time	Emergent 1:1 Support + Walk	Relating: Eye-gazing + See with New Eyes	Lodge clean up
3:30-6	4:30 pm Welcome circle & orientation	Context + Relating + Meditation	Truth Mandala	Skill Share	Walking + Outdoor Meditation	---
6:30 - 8	Dinner + Cleanup	Dinner + Cleanup	Dinner + Cleanup	Dinner + Cleanup	Dinner + Cleanup	---
8:30 -10	Fireplay: Why are we here?	Fireplay: Sharing & play	Fireplay: Grief ritual debrief	Fireplay: Dreaming new future	Fireplay: Music + Dancing	---