

The Work That Reconnects	Coming from Gratitude	Honoring our personal grief	Seeing with New Eyes	Going Forward
Date →	Thursday, June 30	Friday, July 1	Saturday, July 2	Sunday, July 3rd
6:30-7:00		Yoga	Yoga	Yoga
7 – 7:30		Morning Meditation	Morning Meditation	Morning Meditation (Kritee)
8-9:30		Silent Breakfast + Cleanup	Silent Breakfast + Cleanup	Breakfast +Cleanup
9:30-10:30		Outdoor activities for gratitude and trust building	Set up + Ecological Grief ritual + Yoga/somatic integration in between	Movement and dance with Ramon
10:30 – 12:00		Walking + Outdoor Trust building activities	Non-dual mystery teachings: Seeing with new eyes	Movement and dance with Ramon
12:30 - 2		Lunch (with option to be silent) + cleanup	Lunch (with option to be silent) + cleanup	Lunch
2 – 3:30	Arrival + Check in + COVID test verifications	Outdoor seeing grief activities	Rest + Creating new visions: Despacho	Closing circle on going forth
3:30-6	Welcome ceremony, grounding & orientation	Set up + Personal and racial grief ritual (Yoga + Somatic work in between)		Clean-up and Departures
6:30 - 8	Dinner + Cleanup	Dinner (with option to be silent) +Cleanup	Dinner (with option to be silent) +Cleanup	
8:30 -10	By Fire: Why did you choose to come here?	By Fire: Grief ritual debrief	By Fire: Seeing with new eyes	

Please note that we will be practicing noble silence during several parts of the day. Our intention is to balance time spent in silent contemplation with time spent in conversations with others. We will also be practicing mindful eating during most meals.