

SAMPLE SCHEDULE



MORNING

- 6:30AM** REVEILLE RISE AND SHINE BELL
RUN GROUPS HEAD OUT
- 7:00 AM** **OPTIONAL MORNING MOVEMENT**
YOGA + MEDITATION
OULA/NIA/DANCE
TREKKING GROUP
- 7 AM - 9 AM** **BREAKFAST**
BUFFET OPEN FOR ALL CAMPERS
- 9:15 AM** **AM SESSION WITH MOLLY**
DAILY TEACHING TOPICS TBD
- 11:00 AM** **SILENT HOUR**
ALLOWED: MEDITATING, JOURNALING, WALKING
MEDITATION
NOT ALLOWED: READING, NAPPING, TALKING, PHONES

AFTERNOON

- 12:00 PM** **LUNCH**
TABLE TOPICS: MONEY, SEX, RELATIONSHIPS, CAREER,
BUSINESS, PARENTING, SPIRITUALITY, TRANSITIONS
- 1:00 PM** **AFTERNOON PLAYTIME**
-CANOEING + SWIMMING
-ROPES COURSE + CLIMBING WALL
-GAMES ON THE LAWN
-Q+A WITH MOLLY
-ARTS + CRAFTS OR IMPROV GAMES
-RELAXING + INTROVERT RECOVERY TIME
-YOGA
-NAPPING + READING
- 4:00 PM** ALL CAMP GATHER WITH MOLLY ON LAWN
- 5:00 PM** **COCKTAIL HOUR AND STORY SHARE**
GET TO KNOW YOUR CAMP FRIENDS WITH A GLASS
OF WINE OR A COLD BEER.

EVENING

- 6:00 PM** **DINNER**
- 7:30PM** **MAGICAL EVENING ACTIVITY**
(LIKE DANCE PARTY, CAMPWIDE COLOR WAR,
CAMPFIRE)
- 9:30PM** **EVENING DOWNLOAD** (WITH CABIN MATES AND TREATS!)
- 10:00PM** **LIGHTS OUT**
CAN READ OR JOURNAL BY HEADLAMP LIGHT
- 11:00PM** **BEDTIME!**