

## STUDENT VETERANS RETREAT SAMPLE SCHEDULE

### DAY 1 TRAVEL AND ARRIVE

2-5	REGISTER, FIND YOUR CASITA OR YURT
5:00	RANCH TOUR AND ORIENTATION
6:00	DINNER
7:00	ICEBREAKERS

### DAYS 2-4 DAILY ROUTINE

7-9	BREAKFAST AND YOGI JOBS
9-1015	MINDFULNESS SKILLS
1030-1145	NATURE WRITING
12-2	LUNCH AND YOGI JOBS
2-4	AFTERNOON OPTIONS
430-545	MINDFUL MOVEMENT
6	DINNER AND YOGI JOBS
7:30	GROUPS

### DAY 5 DEPART AND TRAVEL

7-9	BREAKFAST, YOGI JOBS, PACK UP AND CLEAN CASITAS
9	GROUP PHOTO, PACK YOUR LUNCHES
930	CLOSING CIRCLE
11	DEPART