

Equine Mindfulness Retreat Schedule 2024

Schedule is tentative and subject to change to provide the best experience possible for participants

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
3:00pm: Arrival. Check in at ranch, settle into cabins	7:00-7:45am-Mindful movement	7:00-7:45am- Mindful movement	7:30am-11am: Breakfast ride and “Moving Forward” session
4:00pm-5:00pm: Welcome session in ranch corral	8am-8:45am: Breakfast	8am-8:45am: Breakfast	
5:30pm-6:30pm: “Connection” hour	9:15am-12:00pm Equine assisted learning sessions	9:15am-12:00pm: Equine Assisted Learning Sessions	11:00am- 12:30pm: Closing ceremony and final time with horses.
6:30pm: Dinner	12:00pm-1:00pm: Lunch	12:00pm-1:00pm: Lunch	12:30pm: Departure
	1:30pm-4:00pm: Ride	1:30pm-4:00pm: Ride	
	4:00pm-5:30pm: Personal reflection time and journaling	4:00pm-5:30pm: Personal reflection time and journaling.	
	5:30pm-6:30pm: “Connection” hour	5:30pm-6:30pm: “Connection” hour	
	6:30pm-7:30pm: Dinner	6:30pm-7:30pm: Dinner	
	7:30pm- Live music	7:30pm- Campfire	

