Equine Mindfulness Retreat Schedule 2024 *Schedule is tentative and subject to change to provide the best experience possible for participants*

Day 1	Day 2	Day 3	Day 4
3:00pm: Arrival.	7:00-7:45am-Mindful	7:00-7:45am- Mindful	<u>Day 4</u> 7:30am-11am:
1			Breakfast ride
Check in at ranch,	movement	movement	
settle into cabins			and "Moving
	8am-8:45am: Breakfast	8am-8:45am: Breakfast	Forward" session
4:00pm-5:00pm:			
Welcome session in	9:15am-12:00pm	9:15am-12:00pm:	11:00am-
ranch corral	Equine assisted	Equine Assisted	12:30pm: Closing
	learning sessions	Learning Sessions	ceremony and
5:30pm-6:30pm:	_		final time with
"Connection" hour	12:00pm-1:00pm:	12:00pm-1:00pm:	horses.
	Lunch	Lunch	
6:30pm: Dinner			12:30pm:
	1:30pm-4:00pm: Ride	1:30pm-4:00pm: Ride	Departure
	1.50pm-4.00pm. Ride	1.30pm-4.00pm. Kide	Departure
	4.00mm 5.20mm	1:00	
	4:00pm-5:30pm: Personal reflection time	4:00pm-5:30pm: Personal reflection time	
	and journaling	and journaling.	
	5:30pm-6:30pm:	5:30pm-6:30pm:	
	"Connection" hour	"Connection" hour	
	6:30pm-7:30pm:	6:30pm-7:30pm: Dinner	
	Dinner		
		7:30pm- Campfire	
	7:30pm- Live music	1 1	
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