



Sample Retreat Schedule

- 8:30 Parking Lot: Welcome, History of ESC, Goals for the Retreat, general logistics
- 8:40 Introduction to Mindfulness
Activity: Guided Mindfulness Meditation
- 8:50 Introduction to the Theme: Our Place in Nature
Activity: Pair and Share
- 9:00 Ice Breaker Activity:
Comfort Zone, Challenge Zone, Danger Zone
- 9:20 Cosmic Journey Trail and Challenge Course
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| <u>Group 1:</u> | <u>Group 2:</u> |
| Cosmic Journey Trail | Swinging Log |
| Trail Leaders | Cosmic Journey Trail |
| Swinging Log | Trail Leaders |
- 11:00 Gathering Circle: Instructions for Scavenger Hunt
- 12:00 Break for Lunch: Mindful Eating
- 12:30 Service Project:
Removal of Invasive Species to Plant Trees
- 1:30 Nature Game:
Bear, Fish, Mosquito
- 2:00 Final Ceremony: Drum Circle
- 2:20 Closing reflections
- 2:30 Depart