**Mindfulness Retreat Schedule – 2018 DRAFT**

**Camp Ocean Pines**

**November 2-4**

Friday

5:30 – 6:30 pm Check-in and Welcome

6:30 – 7:00 pm Welcome Activity

7:00 – 7:45 pm Intro. to Mindfulness (Chapter 2: Presence)

7:45 – 8:00 pm Snack

8:00 – 8:45 pm Shield Activity

8:45 – 9:45 pm Hangout time – Activities available:

DIY sleep pillows; painting; games

9:45 – 10:00 pm Head to rooms

10:00 – 10:30 pm Sleep preparation

10:30 Lights out

Saturday

8:00 – 8:50 am Group Yoga

9:00 – 9:50 am Breakfast

10:00 – 11:00 am Stress (Chapter 5: Stress management)

11:15 – 12:15 pm Art Sessions

Gratitude cards (Chapter 3: Affirmations)

Collages (Chapter 4: Describing Feelings)

Cyanotype photograms

12:30 – 1:30 pm Lunch (Chapter 7: Mindful Eating)

1:45 – 4:30 pm Group activity at the beach (Nature exploration)

1:45 – 2:00 15 min walk to beach

2:00 – 4:00 (un)/structured activity

4:15 – 4:30 15 min walk back

4:30 – 5:00 pm Solo Reflection (Chapter 6: Being the quiet)

5:00 – 6:00 pm Hangout time

6:00 – 7:00 pm Dinner

7:00 – 8:00 pm Quiet Listening (Chapter 6: Finding the quiet)

8:00 – 8:45 pm Star Gazing/Breathing

8:45 – 9:45 pm Hangout time – Activities available:

DIY sleep pillows; painting; games

9:45 – 10:00 pm Head to rooms

10:00 – 10:30 pm Sleep preparation

10:30 pm Lights out

Sunday

8:00 – 8:50 am Group Yoga

9:00 – 9:50 am Breakfast

10:00 – 11:00 am Application – what are you taking with you?

11:30 am Depart – Evaluation