



# SCHEDULE

## FRIDAY

**4:00 pm - 6:30 pm**

Arrival, Set Up + Registration

**7:00 pm**

Orientation, Welcome,  
Expectations +  
Intention Setting Meditation

**8:30 pm**

Sunset Orientation  
+ Grounds Tour

**10:00 pm**

Campfire connections

## SATURDAY

**6:00 am**

Sunrise yoga (optional)  
+ the Karma Coffee Station Open

**7:30 am**

Mindful Meal Breakfast (included)

**8:30 am - 10:15 am**

Group Immersive Session I

**10:45 am - 12:00 pm**

Group Immersive Session II

**12:15 pm**

Mindful Meal Lunch (included)

**1:30 pm - 3:00 pm**

Group Immersive Session III

**3:00 pm**

Rejuvenate + Reflect

**4:45 pm - 6:00 pm**

Group Immersive Session IV

**6:00 pm**

Mindful Meal Supper (included)

**8:30 pm**

Sunset Ceremony

**9:30 pm**

Campfire





# SCHEDULE

## SUNDAY

**6:00 am**

Sunrise yoga (optional)  
+ the Karma Coffee Station Open

**7:30 am**

Mindful Meal Breakfast (included)

**8:30 am - 10:15 am**

Group Immersive Session I

**10:45 am - 12:00 pm**

Group Immersive Session II

**12:15 pm**

Mindful Meal Lunch (included)

**1:30 pm - 3:00 pm**

Group Immersive Session III

**3:00 pm**

Rejuvenate + Reflect

**4:45 pm - 6:00 pm**

Group Immersive Session IV

**6:00 pm**

Mindful Meal Supper (included)

**8:30 pm**

Sunset Ceremony

**9:30 pm**

Campfire

## MONDAY

**6:00 am**

Sunrise yoga (optional)  
+ the Karma Coffee Station Open

**7:30 am**

Mindful Meal Breakfast (included)

**8:30 am - 10:15 am**

Integration + Manifestation I

**10:45 am - 12:00 pm**

Integration + Manifestation II

**12:15 pm**

Mindful Meal Lunch (included)

**1:30 pm - 3:00 pm**

Integration + Manifestation III

**3:00 pm - 6:00 pm**

Immersive CELEBRATION

**6:00 pm**

Mindful Meal Supper (included)

**8:30 pm**

Sunset Ceremony

**9:30 pm**

Campfire





# SCHEDULE

## TUESDAY

**6:00 am**

Sunrise yoga and the karma coffee station open at Centre Camp

**7:30 am**

Mindful Meal Breakfast (included)

**9:15 am - 10:45**

Depart and Good-byes

