

Awaken to the Wisdom of Nature

Backpacking, yoga, meditation and Qi Gong Retreat

Sample Schedule

Thursday, August 4th:

8:00am	For those coming from the Truckee area, we will meet in Truckee to carpool
9:00	Meet at the trailhead
9-10:00	Welcome, pack checks, sort out group gear
10-12:00	Backpacking begins, with a break for Qi Gong along the way
12:30	Lunch, either on the trail or at the camp location
1:00	Set up camp
2:00	Yoga and meditation
4-6:00	Personal time
6-7:30	Dinner
8:00pm	Evening Qi Gong & community circle

Friday, August 5th:

7:00am	Morning meditation
7:30	Yoga
9:00	Breakfast
10:00	Leave for day hike
12:00	Lunch, play time & Qi Gong
2:00	Hike back to camp
4:30-6:00	Yoga
6:00-7:30	Dinner
8:00pm	Evening Qi Gong and community circle

Saturday, August 6th:

7:00am	Morning meditation
7:30	Yoga
9:00	Breakfast
10-11:00	Pack up and depart from camp
12:30	Lunch & Qi Gong along the way
2-3:00	Return to trailhead