

Logistics*

Mind / Body / Spirit

Sunday

4-6 PM: Arrival of 10 participants

Group dinner & welcome for participants and staff

9 PM: Transportation to hotel (1 night)

BBQ restaurant

Monday

Breakfast

Introduction to yoga/meditation

Transport to yoga studio

Set up camp and lunch

Transport to state park

Hike (partially guided)

Dinner prep; dinner discussion

Tuesday



Morning yoga and devotion; breakfast

Mountain biking (local support required from bike shop/rental)

Lunch

Lake swimming and fishing

Dinner prep; dinner discussion

Wednesday



Morning yoga and devotion; breakfast

Canoe Trip

Lunch

Art therapy lesson

Rock climbing

Dinner prep; dinner discussion

Thursday

Morning yoga and devotion; breakfast

Volunteer project in park

Dinner prep; dinner discussion

Friday

Transport to airport.

Morning yoga and devotion; breakfast

Dismissed, transportation to airport.

Short hike

Lunch and break camp

Expedition debrief and recognition ceremony



expedition balance