

Friday, September 5th

Leave bay area	8:15am There is little traffic (north) east on 80 toward Sacramento Friday mornings.
Arrive at Eagle Falls trailhead (near emerald bay)	11:30am
Hike into Dick's lake Entering a Threshold Mindful Hiking/Meditation	12pm
Setup camp	~5pm
Arriving Meditation & Ritual (group)	5:30pm
Dinner (group)	6pm
Intentions & Meditation (group)	7pm-8:30pm
Journaling, Reading, Meditation, Stargazing	~9pm
Sleep	~10pm

Saturday, September 6th

Wake up, dream reflection, journaling	~7am
Dream telling Qigong & yoga (group)	8am
Breakfast (group)	9am
Shamanic Gaze Practice	9:45am
Morning walk/hike Individual nature therapy sessions Solitary meditation & ritual	10:30am-1:30pm
Lunch (optional group)	1:30 pm
Individual nature therapy sessions Solitary meditation & ritual	2:30pm – 6:30pm
Dinner	6:30pm
Sharing & Meditation (group)	7:30pm-9pm
Journaling, Reading, Meditation, Integrating	~9:30pm
Sleep	~10pm

Sunday, September 7th

Wake up, dream reflection, journaling	~7am
Dream telling Qigong & yoga (group)	7:45am
Breakfast (group)	8:45am
Packing up Individual nature therapy sessions Solitary meditation & ritual	9:30am-12:30pm
Lunch	12:30 pm
Hike out	1:15pm
Arrive at eagle lake (1 mile from trailhead) Ending blessing/leaving the threshold	4:30pm
Arrive at eagle falls trailhead Leave for bay area	5:30pm