

# A TYPICAL DAY AT YUNASA

7:30 a.m.

RISE AND SHINE

8:10 a.m.

CALL IN DIRECTIONS

8:30 a.m.

BREAKFAST

9:15 a.m.

YOGA OR PLAYING WITH ENERGY

9:50 a.m.

PSYCHOSYNTHESIS (GUIDED MEDITATION)

11:30 a.m.

**CAMPER OPTIONS I:** Climbing Wall, Canoeing, Archery, Zipline, Fishing, High and Low Ropes

12:45 p.m.

LUNCH

1:30 p.m.

ELDER CHAT

2:00 p.m.

SIESTA (FREE TIME)

3:00 p.m.

**FELLOWS' WORKSHOP:** Soul Collage, Nature Art, Creative Writing, Mindful Movement, Improv

4:20 p.m.

**CAMPER OPTIONS II:** Climbing Wall, Canoeing, Archery, Zipline, Fishing, High and Low Ropes

6:00 p.m.

DINNER

7:00 p.m.

**EVENING ACTIVITY:** Opening Ceremony, Campfire, Social/Game Night, Movie Night, Closing Ceremony

9:30 p.m.

LIGHTS OUT

