

Mindfulness Community Collaboration Camp Offerings (LAB = Thrivent Room GYM = Dillon Room)

Wisdom House COLLABORATIVE

2 day Search Inside Yourself Event		Wednesday July 31, 2024		Thursday August 1, 2024		Friday, August 2, 2024	
Monday July 29 (CEU/MCLE ID #267967 11 hours)	Tuesday July 30 DINING HALL 7:30-8:30 AM Breakfast	DINING HALL 7:30-8:30 AM Breakfast	GYM 8-8:45 AM Sound Bath – Lindsey Hylen	DINING HALL 7:30-8:30 AM Breakfast	GYM 8-8:45 AM Mindful Movement –Katie Tessin & Mikayla Rhone	DINING HALL 7:30-8:30 AM Breakfast	GYM 8-8:45 AM Sound Bath – Lindsey Hylen
LAB 9 AM Check in & Welcome – Aaron Weiner	LAB 8:45-9 AM Welcome – Aaron Weiner	8:45-9 AM Day Pass Check-in Coffee & Snacks		8:45-9 AM Day Pass Check-in Coffee & Snacks		8:45-9 AM Day Pass Check-in Coffee & Snacks	
LAB 9:15-12 (CEU/MCLE) Search Inside Yourself – Chantelle Fitzgerald & David Fringer	LAB 9-12 (CEU/MCLE) Search Inside Yourself – Chantelle Fitzgerald & David Fringer	LAB 9-10:15 AM Breath Work – Dan Vining	8:30-10 AM Lake/Boats	LAB 9 AM -12 PM (CEU) Self-Compassion – Sonia Keffer & Keellia Guevara	GYM 9 AM -12 PM Open Gym 8:30-10 AM Lake/Boats	LAB 9 AM -12 PM First Aid Training – Sadie Weiner	GYM 9 AM -3:45 PM Practicing Silence in Support of Non-Violence; A Daylong Continuous Mindfulness Retreat – Johnathan Woodside MOI
DINING HALL 12-12:45 PM Lunch	DINING HALL 12-12:45 PM Lunch	LAB 10:30-11:30 AM Creation of Camp Charter – Katie Tessin	8:30-11:30 Open Gym				
LAB 1-4:30 PM (CEU/MCLE) Search Inside Yourself Practices: Attention Training, Body Scan, Mindfulness, Self-Awareness, Mindful Listening,	LAB 1-4:30 PM (CEU/MCLE) Search Inside Yourself Practices: Motivation Resilience, Empathy, Leadership, Align Values, Compassion, Mindful Walking	DINING HALL 12-1 PM Lunch Option- Guided Mindful Eating		DINING HALL 12-1 PM Lunch		DINING HALL 12-1 PM Silent Lunch 1-2 PM Swimming Pool 2-3 PM Lake/Boats <u>NOTE: All Boating, Lake & Swimming Pool is at your own risk- no lifeguard on duty</u>	
		LAB 1-2:45PM (CEU) Nature Healing – Mikayla Rhone & Katie Tessin	GYM 1-6PM Open Gym	LAB 1-2:45PM (CEU) Loving Kindness practice – Sonia Keffer & Keellia Guevara	GYM 12:45-2:30 PM Open Gym		
		LAB 3-4:30 (CEU) Internal Family Systems – Mikayla & Katie					
PATIO 4:45-5:45 PM (CEU) Intersection Between Mindset and Mental Health and Well Being in Peak Performers – Dr. Larry Widman Includes Happy Hour	PATIO 4:30-5:30 PM – Happy Hour	LAB 4:30-6 PM (CEU) Wellness & Burnout with Surprise Entertainment – Dr. Steve Wengel UNMC, Dept of Psychiatry		LAB 2:45-4 PM Siesta/Free Time	3-4 PM Swimming Pool	LAB 1-3:45 PM First Aid Training – Sadie Weiner	GYM 1-3:45 PM Silent Retreat – Johnathan Woodside
	DINING HALL 6-7Dinner 6:30-7:30 Pool 6:30-8:30 Lake/Boats	DINING HALL 6-7 PM Dinner 6:30-8:30 PM Pool/Lake/Boats		LAB 4-6 PM (CEU) Trauma&Relaxation – Susi Amendola	GYM 4-6 PM Open Gym	LAB 4-4:30 PM Closing Ceremony – Aaron Weiner & Sonia Keffer	
DINING HALL 6-7 PM Dinner 6:30-8:30 Lake/Boats	LAB 7-8 PM Mindful Listening/ GROK card game – Ashley Salem	LAB 7-8:30 Collaboration Meeting – Open invitation to discuss next year’s visions and 2025 camp		DINING HALL 6-7 PM Dinner 6-7 PM Swimming Pool 6:30-8:30 PM Lake/Boats			
LAB 7 to 8:30 PM Mindful Coloring – Therese Vaughn	PATIO 8:30-10 PM Campfire/S’mores Damien’s Guitar Music	PATIO 8:30-10 Campfire/ S’mores	GYM 8:30-9:30 Stillness Yin Yoga Practice – Sonia Keffer	8:45 PM Sunset Sit at Mahoney Tower also PATIO 8:30-10 PM Campfire/S’mores			
PATIO 8:30-10 Campfire/ S’mores							