

Mindfulness Community Collaboration Camp Offerings

Monday June 26		Tuesday June 27		Wednesday June 28		Thursday June 29	
LAB = Thrivent Room GYM = Dillon Room (CEU) = Continuing Education Units *pending approval of application		Breakfast in the Dining Hall 7:30-830 AM		GYM 8-8:45 AM Sound Bath – Lindsey Hysten		Breakfast in the Dining Hall 7:30-830 AM	
Check-in Continental Breakfast 8:15-8:45 AM						8:30-9 AM Day Pass Check-ins- Greeters	
LAB Welcome-Aaron Weiner 8:45-9AM	GYM Open Gym	8:45-9 AM Day Pass Check-ins- Greeters		8:30-9 AM Coffee and refreshments Day Pass Check-ins- Greeters		LAB 8:45-11:45 AM (CEU)	GYM 8:45 AM to 2:45 PM MBSR Silent Retreat – Theresa O’Halloran With Silent Lunch
LAB 9 AM-12 PM (CEU) Youth Engagement – Laron Henderson		LAB 9AM-12PM (CEU) Mindful Self-Care – Katie Tessin	GYM Open Gym	LAB 9 AM -12 PM (CEU) Difficult Conversations – Katie Twit	GYM 9 AM -12 PM MBSR practice refreshers – David Ahlquist		
Lunch in Dining Hall 12-1 PM		Lunch in Dining Hall 12-1 PM		Lunch in Dining Hall 12-1 PM		Silent Lunch - Dining Hall 12-12:45 PM	
LAB 1-2:15 PM (CEU) What is All This About Mindfulness – Aaron Weiner	GYM Open Gym	LAB 1-2:30 PM Panel Discussion – Hot Topics: ADHD; Difficult Emotions	GYM Open Gym	LAB 1-2:30PM Play Therapy – Katie Tessin and Therese Vaughn	GYM 1:30-2:30PM Silent Sit David Ahlquist	LAB 1-2:45 PM (CEU) Loving Kindness exercise and practice – Sonia Keffer	
LAB 2:30-4:30 PM (CEU) Intersection Between Mindset and Mental Health and Well Being in Peak Performers – Dr. Larry Widman	GYM 2:30-4:30 PM Create and Rehearse Autobiography performances – Colleen Agesen	LAB first & then GYM 2:45- 4:45PM (CEU) Trauma and Relaxation – Susi Amendola		Siesta / Free Time 2:30-3:15 PM	GYM 2:30-315 PM Big Sky meditation – Aaron Weiner	LAB 3:15-4:15 PM Closing Ceremony – Sonia Keffer and Aaron Weiner	
Happy Hour 4:30-5:30 PM – PATIO charcuterie and refreshments		Happy Hour 5-6 PM – charcuterie and refreshments on the patio		LAB 3:30-5 GROK – Mindful Listening and Non-Violent Communication card games – Led by interns and Astute Coffee folks			
Dinner in the Dining Hall 6-7 PM		Dinner in the Dining Hall 6-7 PM		Dinner in the Dining Hall 6-7 PM			
Campfire on the Patio – 7:30-10 PM Autobiography in Five Acts – performance at 8 to 8:30 PM	GYM 9-9:30 PM Yoga Nidra Practice – Jennifer Piercy Recording	LAB 7:15-8:15 PM Mindful Leadership – Beth Merkel		LAB 7-8:30 Collaboration Meeting – Open invitation to discuss next year’s visions and camp Monday July 29 to Friday Aug 2, 2024			
		PATIO 8:30-9:30 PM Damien Thompson – acoustic guitar on the patio – campfire/s’mores		8:45 PM Sunset Sit at Mahoney Tower also PATIO 8:30-10 PM Campfire/s’mores			