

RUN MINDFUL RETREAT SCHEDULE - JUNE 2016

DAY 1 - THURSDAY

5:30p Hike & Meditation, Workshop 1 - Introduction
7p Dinner

DAY 2 - FRIDAY

7:30-8a Breakfast
8:15-8:45a Meditation
9a-2p Run/Hike - Green & Bear Mountains
1-3p Lunch
3:30-4:30p Workshop 2 - Blue-Skies
4:30-5p Break
5-6p Workshop 3 - Motivation & Intentions
6:30p Dinner
8p Bonfire Q&A with Timothy

DAY 3 - SATURDAY

7:30-8a Breakfast
8:15-9:45a Workshop 4 - Mindful Running
10a-1p Run/Hike - Betasso Reserve
1p Lunch
2-3p Workshop 5 - Accepting Pain
3-3:45p Yoga - Prana Vinyasa for Runners
4-6:45p Downtown Boulder (optional)
6:45p Picnic Dinner in Downtown Boulder

DAY 4 - SUNDAY

7:30-8a Breakfast
8:15-9:45a Workshop 6 - Balance & Emotions
10a-2p Run/Hike - Sanitas or South Boulder Mountains
2p Brunch
2:30-3:30p Group Reflection & Good-Bye