

-The Weekend*-

Thursday-

- 3-4pm Registration – **Main Lodge**
- 4-6pm Settling in time
- 6-7pm Dinner and gathering- **Main Lodge**
- 730-9pm Intro to Program & Yoga- **Hogan** (octagon building)
 - ➔ Bring your journal and personal Yoga props (Pam will also provide mats and props)
 - ➔ Yoga practice, deep release to begin the process of clearing

Friday-

- 630am Pranayama and meditation practice- **Hogan**
- 8am Breakfast- **Main Lodge**
- 9-1030am Yoga Class: Feeling the body and energy- **Hogan**
- 11am-12pm Finding Your Partner- **Corrals**
- 12-1 Lunch
- 130-3pm Become Part Horse: What a Horse Needs- **Corrals**
- Break
- 330-530 Reading a Horse's Body Language & How to Communicate- **Corrals**
- 6-7 Dinner- **Main Lodge**
- 730-9pm Sharing Your Experience with Meeting the Horse- **Hogan**
 - ➔ Bring Journal
 - ➔ Yoga Nidra

Sat-

- 630am Morning Yoga Practice- **Hogan**
- 8am Breakfast- **Main Lodge**
- 9-1130 Union of Horse and Rider: **Yoga at the Corrals**
- 12 pm Lunch
- 130-430pm Saddle up- **Corrals**
 - Ride to caves, meditation
 - ➔ Bring layers, water, headlamp
- 5-6pm Break
- 6-7pm Dinner- **Main Lodge**
- 7pm Fireside Chat- **Campfire**

Sun-

- 8am Breakfast- **Main Lodge**
- 930-11am Focused time with the horses: Saying "Good-bye"- **Corrals**
- 11am Pack up

*Itinerary subject to change.