

Mindfulness Retreat



University of California

Agriculture and Natural Resources

4-H Youth Development Program

2019 Tentative Mindfulness Retreat Schedule

Friday November 1, 2019

5:00 – 6:00 pm

Check-in and Welcome

6:30 – 7:30 pm

Welcome Activity & Group Agreements

7:30 – 7:45 pm

Introduction to Mindfulness and Tech Distractions

7:45 – 8:00 pm

Snack

8:00 – 8:45 pm

Setting Intentions

8:45 – 9:15 pm

Group Activity

9:15 – 9:45 pm

Hang out Time

9:45-10:00 PM

Head to Cabins

10:00-10:30PM

Sleep preparation

10:30pm

Lights out

Saturday November 2, 2019

8:00-8:50 am

Group Yoga

9:00 – 9:50 am

Breakfast

10:00 – 11:00 am

Workshop: Stress Management

11:00 am– 12:15 pm

Workshop Rotation:

Mindful Eating

Cyanotype Photograms

Being Present

12:30 – 1:30 pm

Lunch

1:45 – 4:30 pm

Group Activity at the beach

4:30 – 5:00 pm

Hang Out Time

5:00 – 6:00 pm

Workshop: Describing Feelings

6:00 – 7:00 pm

Dinner

7:00 – 8:00 pm

Workshop: Disconnect to Reconnect

8:00 – 9:45 pm

Progressive Evening:

Star Gazing

Night Hike (listening, quiet)

Campfire

9:45 – 10:00 pm

Head to Cabins

10:00-10:30

Sleep Preparation

10:30 pm

Lights out

Sunday November 3, 2019

8:00-8:50am

Group Yoga

9:00 – 9:50 am

Breakfast

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| 10:00 – 10:30 am | Application-Action Plan |
| 10:30-11:15 am | Now & Then |
| 11:15 am | Retreat Evaluation |
| 11:30 am | Depart |

**** All Participants must attend all Sessions**