

“Alive in the Now” - dance your aliveness moment to moment!

Friday night - Arrival - get settled - gather for a session @ 8:00 pm
half hour- 45 min

Meet together in hot tub... relax...

Sleep

saturday morning... breakfast 8:30 am, free time enjoy the land and river
etc.

Meet back @ **10:00 am - 12:30** do a full big cycle exploring our aliveness...

Lunch - 1:00 - Nature exploration - While outside, allow nature to inform
your movements, allow yourself to mimic nature... take this time to yourself
without talking.

Afternoon Dance 3:00 - 5:30 pm -

Labyrinth Walk before dinner.... ? Perhaps after....

Bon Fire, Hot tub....

Bed

Sunday Morning - 8:30 Breakfast

10:00 - 12:00 2 hour warm up and celebration cycle including nature
dance with witness?! Closing Circle.

1:00 - Lunch

3:00 - head home