

# Embracing Change 2022 - Yoga & Whole Living Camp

	Event	Location	Leader / Notes
<b>Thursday - September 8, 2022</b>			
3:00 p -	Early Arrival - if you paid for the extra night.	Check the window in the Lodge for your room/cabin assignment.	
<b>Friday - September 9, 2022</b>			
7:00 a - 12:00 a	Hot Tub Open		Hot Tub
9:00 a - whenever	Self-led Hiking	Meet on Lodge Deck to form a group (if desired) Sign out please!	Group/Self-led
3:00 - 6:00 p	<b>Check In &amp; Cabin Assignments</b>	Coffee House	Camp Staff
4:30 - 5:45 p	<b>Slow Stretch Yoga to Ready Ourselves for Meaningful Change</b>	Lodge	Kathy Bolte with musicians Eddie & Nick Young
6:00 - 7:00 p	<b>Social Hour</b>	Lodge	Everyone!
6:45 p	<b>Meal Setup</b>	Lodge	Cabins 3 & 8
7:00 - 8:00 p	<b>Dinner</b>	<b>Lodge</b>	
8:00 - 8:30 p	<b>Welcome &amp; Introductions</b>	Lodge	Kathy Bolte
8:25 p	<b>Meal Take Down</b>	Lodge	Cabins 3 & 8
9:00 - 9:45p	<b>Handpan Guided Meditation</b>	Coffee House	Eric Christopherson
10:00 p - 7:00 a	Quiet Time	Cabins & Paths	All
Lodge & Coffee House are always open for gathering with friends, talking, playing games, etc.			

## Saturday - September 10, 2022

7:00 - 8:00 a	<b>Meditation for Auspicious Beginnings &amp; Removing Obstacles</b>	Coffee House	Kathy Bolte
7:00 a - 12:00 a	Hot Tub Open		
<b>7:15 - 7:30 a</b>	<b>Meal Set Up</b>	<b>Fewer Tables</b>	<b>All Help Please!</b>
<b>7:30 - 8:45 a</b>	<b>Good Start Breakfast</b>	<b>Lodge</b>	
<b>8:45 - 9:00 a</b>	<b>Meal Take Down</b>		<b>All Help Please!</b>
9:00 - 10:30 a	<b>Keynote Speaker: Daily Rituals for Embracing Change</b>	Lodge	Jacquie Freeman
10:45 a - 12:15 p	<b>Cultivating Awareness to Embrace Change</b>	Lodge	Angela Andiorio and Nathan Gabor
	<b>Embrace Change by Embracing Who You Are</b>	Coffee House	Jen Stillion
	<b>Connection Through Change</b>	Pavillion	Kristina Cotran
<b>12:15 - 12:30 p</b>	<b>Meal Setup</b>	<b>Lodge</b>	<b>Cabins 6 &amp; 7</b>
<b>12:30 - 1:15 p</b>	<b>Lunch</b>	<b>Lodge</b>	
<b>1:15 - 1:30 p</b>	<b>Meal Take Down</b>	<b>Lodge</b>	<b>Cabins 6 &amp; 7</b>
1:30 - 3:00 p	<b>The Yoga of Life</b>		
	Campers Choice: read, hot tub, nap, socialize, walk, enjoy nature, LIVE!		
	<b>Creating Prayer Flags for Change</b>	Arts & Crafts Area	Melody Mills

## Saturday - September 10, 2022 (continued)

3:00 - 4:15 p	When Heros Fall: Loss, Change and Finding the Guru Within	Lodge	Karen May
	Musical Meditation in the Pines	Coffee House	Nick and Eddie Young
4:30 - 5:15	Social	Lodge Deck	dBP staff
5:15 - 5:30	Meal Setup	Lodge	Craig's Cabin
5:30 - 6:30	Dinner	Lodge	
	Leave Tables Out for Game Night and Sunday Breakfast	Lodge	Craig's Cabin
7:30 - 9:00	Cello & Voice - an evening concert in the pines	Coffee House	<i>Eddie Young &amp; Kathy Bolte</i> with Krisina Cotran, Karen May & Eric Christopherson
7:30 - 9:00	Game Night	Lodge	On your own
10:00 p - 7:00 a	Quiet Time	Cabins & Paths	All
Lodge & Coffee House are always open for gathering with friends, talking, playing games, etc.			

## Sunday - September 11, 2022

7:00 - 8:00	<b>Morning Walk to the Lake</b>	Meet on the Lodge Deck & sign out	Self-led / Group-led
	<b>Ease into Change with a Guided Gong Meditation</b>	Coffee House	Karen May
7:00 - 12:30 p	Hot Tub Open		
<b>7:30 - 8:45 a</b>	<b>Good Start Breakfast</b>	<b>Lodge</b>	
<b>8:45 - 9:00 a</b>	<b>Meal Take Down</b>	<b>Lodge</b>	<b>All Help Please!</b>
9:00 - 10:30 a	<b>Cultivating Awareness to Embrace Change</b>	Coffee House	Angela Andiorio and Nathan Gabor
	<b>Embracing Change by Embracing Who You Are</b>	Pavillion	Jen Stillion
	<b>Connection Through Change</b>	Lodge	Kristina Cotran
10:45 - 12:15a	<b>Reflect and Commit to Change for Whole Living</b>	Lodge	Jacque Freeman
12:15 - 12:30 p	Meal Setup	Lodge	Cabins 1 & 5
<b>12:30 - 1:30 p</b>	<b>Lunch &amp; Closing</b>	<b>Lodge</b>	<b>Kathy Bolte</b>
<b>1:30 p</b>	<b>Meal Take Down</b>	<b>Lodge</b>	<b>Cabins 1 &amp; 5</b>
3:00 p	Clean up & Check Out	All Cabins & Meeting Spaces	

Have a safe trip home! See you next year!