

Moved By Natural Forces Retreat Aug 26 to 31 2018

| Time | Sun Aug 26 | Mon Aug 27 | Tues Aug 28 | Wed Aug 29 | Thu Aug 30 | Fri Aug 31 | Time |
|-------|---|--|--|---|--|--|-------|
| 7:30 | | Breakfast 7:30 to 8:15 | Breakfast 7:30 to 8:15 | Breakfast 7:30 to 8:15 | Breakfast 7:30 to 8:15 | Breakfast 7:30 to 8:15 | 7:30 |
| 8:00 | | | | | | | 8:00 |
| 9:00 | | | | | | | 9:00 |
| 10:00 | | 10 am - Living In Your Body: Injury Rehab & Prevention Erin (BT) Drop-ins are \$25 | 10 am - Living In Your Body: Injury Rehab & Prevention Erin (BT) Drop-ins are \$25 | 10 am - Living In Your Body: Injury Rehab & Prevention Erin (BT) Drop-ins are \$25 | 10 am - Living In Your Body: Injury Rehab & Prevention Erin (BT) Drop-ins are \$25 | 10 am - Living In Your Body: Injury Rehab & Prevention Erin (BT) Drop-ins are \$25 | 10:00 |
| 11:00 | | | | | | | 11:00 |
| noon | | Lunch 12:30 (DH) | Lunch 12:30 (DH) | Lunch 12:30 (DH) | Lunch 12:30 (DH) | Lunch 12:30 (DH) | Noon |
| 1:00 | | | | 1:30 - 3:00 pm Beach Contact Improv Jam | | | 1:00 |
| 2:00 | | | | | | | 2:00 |
| 3:00 | | 3pm - Waves Functional Movement Kathleen (BT) Drop-ins are \$20 | 3 pm - Waves Functional Movement Kathleen (BT) Drop-ins are \$20 | | 3 pm - Waves Functional Movement Kathleen (BT) Drop-ins are \$20 | 3 pm - Waves Functional Movement Kathleen (BT) Drop-ins are \$20 | 3:00 |
| 4:00 | Check in and move into lodging or set up your camp site | | | 3:30 pm - Waves Functional Movement Kathleen (BT), Drop-ins are \$20 | | | 4:00 |
| 5:00 | | 4:45 pm - Contact Dance Improv Kathleen (BT) Drop-ins are \$15 | 4:45 pm - Contact Dance Improv Kathleen (BT) Drop-ins are \$15 | 5:15 pm - Contact Dance Improv Kathleen (BT) Drop-ins are \$15 | 4:45 pm - Contact Dance Improv Kathleen (BT) Drop-ins are \$15 | 4:45 pm - Contact Dance Improv Kathleen (BT) Drop-ins are \$15 | 5:00 |
| 6:00 | Dinner 6:30 | Dinner 6:30 | Dinner 6:30 | Dinner 6:30 | Dinner 6:30 | | 6:00 |
| 7:00 | Camp info session for new arrivals | | Contact Improv Jam (BT) | Candle light dinner (DH) \$14 extra if on meal plan \$33.90 extra if not on meal plan | Fire Pit in the Woods (LFP) | Dinner 7:00 | 7:00 |
| 8:00 | Community Fire Pit (CG) | Meet and greet at Kathleen's canvas tent (site #28). | | | | | 8:00 |
| 9:00 | | | | | | Drum/music circle (CG) | 9:00 |

Location Keys: DH - Dining hall CG - Common Ground BT - Big Tent LFP - Lower Fire Pit

Register or just show up? Register on line Drop-ins allowed pay at office 11 AM Check Out from cabins, cottages and camp sites

Day Fee: Dropping in for the day to visit or take a class? Come by the admin office and to pay the \$10 Unicamp day fee If you need to pay for course drop by admin and pay