



## **Mindful Ski Camp - (Tentative) Schedule**

### **Day 1**

- 5-7pm Welcome & Mindfulness Opening Ceremony
- Experiential workshop and initiating discussion on Mindfulness & Skiing as an overview to the weekend experience ahead
- Dinner on your own (you are encouraged to eat with fellow campers)
- Evening - Free time for personal mindfulness integration (suggestions: relaxation in your room, meditation, hot tub, yoga, massage)

### **Day 2**

- 7am Guided Meditation to start your ski day in the flow
- Light nourishment provided, or time to go and get a heartier breakfast on own
- 8:30am Load Early Gondola (mindful discussions continue)
- Warm-Up Run & Split into ski groups
- Initial integration of Mindfulness into Skiing
- Snack in your group
- 1:30pm Lunch @ Teton Mountain Lodge
- 3-5pm Mindfulness Program: Review on snow experience, deepen mindful discussion and experiential portion of the camp.
- Dinner on your own
- Evening - Free time for personal mindfulness integration (suggestions: relaxation in your room, meditation, hot tub, yoga, massage)

### **Day 3**

- 7am Guided Mindful Meditation to start your ski day in the flow
- Light nourishment provided, or time to go and get a heartier breakfast on own
- 8:30am Load Early Gondola / Tram (mindful discussions continue)
- Further integration of Mindfulness into Skiing
- Lunch with your group on the mountain
- 3-5:30pm Free time for personal mindfulness integration (suggestions: relaxation in your room, meditation, hot tub, yoga, massage)
- 5:30pm Dinner and evening Mindfulness Program

### **Day 4**

- 7am Guided Mindful Meditation to start your ski day in the flow
- Light nourishment provided, or time to go and get a heartier breakfast on own
- 8:30am Load Early Gondola / Tram (mindful discussions continue)
- Further integration of Mindfulness into Skiing
- Snack in your group
- 1:30pm Lunch @ Teton Mountain Lodge
- 3-4pm Conclusion of Mindful Ski Experience, Discussion, Closing Ceremony

**\*Camp Schedule Subject to Change**