



Mindful Ski & Snowboard Camp Tentative Schedule

Thursday, February 1

- 5-7pm Welcome & Mindfulness Opening Ceremony with refreshments
- Initial discussion and workshop discussion on Mindfulness & Skiing/Riding as an overview to the experiential weekend 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)

Friday, February 2

- 7am Guided Meditation to start your ski day in the flow
- Delicious healthy breakfast provided
- 8:30am Load Early Gondola (mindful discussions continue)
- Warm-Up Run & Split into ski groups
- Initial integration of Mindfulness into Skiing/Riding
- Snack in your group
- 1:30pm Mindful Lunch @ Teton Mountain Lodge
- 3-5pm Mindfulness Program: Review on snow experience, deepen mindful discussion and experiential portion of the camp.
- Optional Mindful Movement 5:15-6:15
- Dinner on your own
- Evening - Free time for personal mindfulness integration (suggestions: relaxation in your room, meditation, hot tub, yoga, massage)

Saturday, February 3

- 7am Guided Mindful Meditation to start your day in the flow
- Delicious healthy breakfast provided
- 8:30am Load Early Gondola/Tram (mindful discussions continue)
- Further integration of Mindfulness into Skiing/Riding
- 12:30 Lunch with your group on the mountain (Solitude Station)
- 3-5:30pm Free time for personal mindfulness integration (suggestions: relaxation in your room, meditation, hot tub, yoga, massage)
- Optional Mindful Movement 3:30-4:30
- 5:30pm Special Dinner and evening Mindfulness Program

Sunday, February 4

- 7am Guided Mindful Meditation to start your ski day in the flow
- Delicious healthy breakfast provided
- 8:30am Load Early Gondola/Tram (mindful discussions continue)
- Further integration of Mindfulness into Skiing/Riding
- Snack in your group
- 1:30pm Celebration Lunch @ Teton Mountain Lodge
- 3-4pm Conclusion of Mindful Ski & Snowboard Experience, Discussion, Closing Ceremony