

Women's Backpacking Retreat Events
 April 2016

Time	Activity	Activity Option 1	Activity Option 2
Saturday			
9:30 to 11:30	Backpacking, Trail Navigation, and Camp Setup		
11:30 to 12:30	Lunch		
12:30 to 2		Yoga & Relaxing Stretches for trail time.	Free Time to write, nap, read, or listen to nature.
2 to 3pm	Some survival skills Knots (shelter) Fire Navigation Basics		
3 to 5pm		Evening Hike	Free Time, Mandalas
5:30	Appetizers and Dinner Prep (Spaghetti, Salad)		
Evening	Buddy Burner (a candlelight fire)		
Sunday			
8 am	Breakfast		
9 to 10am		Yoga	Free Time
10 to 12 pm	Open Time	Reading	Mandalas
2pm	Home in San Diego		