



- INDIVIDUAL PROGRAMME EXAMPLE -

THURSDAY, 3 OCTOBER	FRIDAY, 4 OCTOBER	SATURDAY, 5 OCTOBER	SUNDAY, 6 OCTOBER
	7:00 Sunrise Yoga	7:00 Sunrise Yoga	7:00 Sunrise Yoga
	8:00 grazing table breakfast	8:00 grazing table breakfast	8:00 grazing table breakfast
	9:00 Mountain Biking	9:00 Trail Running	9:00 «Nature Inspired Art» workshop
	12:00 picnic lunch	12:00 picnic lunch	13:00 picnic lunch
13:00 Arrivals open	13:00 «Leave No Trace» workshop	12:30 Rock Climbing Discovery	13:30 Photo Relay Hike
14:00 Barefoot hike	14:00 «How to Pack Your Backpack» workshop	17:30 Campfire Cooking Workshop	16:00 Retreat Closing
16:00 Outdoor Yoga	16:00 Outdoor Yoga	19:00 dinner	16:30 Departures
18:00 Dinner	17:00 «Cooking» workshop	19:30 Campfire and Storytelling	
19:30 Official Welcome	19:00 dinner		
	20:00 Adventure Book Roundtable		

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