***Day 1, Tuesday, 7/26:***

8:00-8:30 Welcome Intro and Initial Exercises

9:00 Hike Sun Mountain

11:00-Noon First Reflective Writing Assignment (at Prep)

Noon-1:00 Lunch and Free Time

1-3 Individual Writing Time (and opportunity to meet one-on-one with me)

3:00 Snack Break

3:30-4 Sharing Work/ Debrief

***Day 2, Wednesday, 7/27:***

8:00-9:00 Hike Dorothy Stewart Loop

9:30 Coffee/Snacks

10:00 Second Reflective Writing Assignment (at Prep)

Noon-1:00 Lunch and Free Time

1-3 Third Observational Writing Assignment—and Individual Writing Time

3:00 Snack Break

3:30-4 Sharing Work/Debrief

***Day 3, Thursday, 7/28:***

8:00-10:00 Transportation to and Hike Chamisa Trail Loop

10:30 Coffee/Snacks

11:00 Third Reflective Writing Assignment (at Prep)

Noon-1:00 Lunch and Free Time

1-3 Individual Writing Time

3:30-4 Sharing Work/Debrief

***Day 4, Friday, 7/29:***

8-8:30 Roundtable Sharing and Reflection

8:30 Travel to Diablo Canyon/Rio Grande for Observational Writing Assignment

9:45 Find Solitary work spot and write!

11:00 Debrief and Sharing

12:00 Sack Lunch by the river

1:00 Drive back to campus (or DTS)

2-3:30 Individual work at coffeeshop or in SF Prep library

3:30-4 Final reflection/charge