**Move and Be Moved**

**Schedule**

JULY 22

5:30pm Opening Reception at Santa Fe Preparatory School

JULY 23

9:00am-9:30am Opening Circle

9:30am-11:00am Morning Vinyasa Yoga & Meditation

11:00am-11:30am Reading for Inspiration. Theme: Embracing Uncertainty

11:30am-12:00pm Morning Journaling/Free-Writing Practice

12:00pm-1:00pm Lunch

1:00pm-2:30pm Hike or Tour of Santa Fe Sights/Museums

2:45pm-3:15pm Writing/Sharing

3:15pm-4:30pm Restorative/Yin Yoga & Afternoon Meditation

4:30pm Free Time/On Your Own

JULY 24

9am Trip to Abiquiu: Tour Georgia O’Keeffe’s House

Morning Yoga at Abiquiu

Journaling/Free-Writing Practice

Lunch (around noon)

Abiquiu Ghost Ranch: Walking Meditation

Readings for Inspiration. Theme: Stillness/Light

Writing/Sharing

Restorative/Yin Yoga & Afternoon Meditation

Free Time/On Your Own

JULY 25

9:00am-10:30am Morning Vinyasa Yoga & Meditation

10:30am–11:00am Morning Journaling/Free-Writing Practice

11:00am-12:00pm Readings for Inspiration. Theme: The Body/Presence

12:00pm-1:00pm Lunch

 1:00pm-1:30pm Writing/Sharing

1:30pm-6:00pm Hot Spring trip to Ojo Santa Fe (Optional/Additional Cost)

 6:00 Free Time/On Your Own

JULY 26

9:00am-10:30am Morning Vinyasa Yoga & Meditation

10:30am-11:00am Readings for Inspiration. Theme: Awakening

11:00am–12:00pm Morning Journaling/Free-Writing Practice

12:00pm-1:00pm Lunch (noon)

1:00pm-2:30pm Tour of Santa Fe Sights/Museums

2:45pm-3:15pm Writing/Sharing

3:15pm-4:30pm Restorative/Yin Yoga/Meditation

4:30pm Closing Circle

\*Schedule is subject to change. Adjustments might be made due to weather and ticket availability.