



Themes & Schedule

Each week is devoted to a specific theme which culminates with an experiential lesson at the end of each week to help students (and teachers) build mindfulness and a holistic view of their health.

- Week #1 – Our Environments & Planet
- Week #2 – Our Bodies
- Week #3 – Our Emotions
- Week #4 – Our Thoughts

Each day of the week will have a particular focus:

- Meatless Monday – Nutrition, food production, and meal planning
 - Week #1 Environment & Diet (start on June 22, a Tuesday)
 - Week #2 Food & Body (food as medicine)
 - Week #3 Food & Moods
 - Week #4 Food & Mindfulness
- Transformation Tuesday – Creative Arts & Expression for a Healthy Future
 - Week #1 Environment (June 22 is first day of camp, so shortened time)
 - Week #2 Body – June 29
 - Week #3 Emotions – July 6
 - Week #4 Thoughts – July 13

- Wellness Wednesday – Well-being + Holistic Healthcare
 - Week #1 Environment – June 23
 - Week #2 Body – June 30
 - Week #3 Emotions – July 7
 - Week #4 Thoughts – July 15

 - Thursday – Entrepreneurship + Tinkering & Weekly Group Meal
 - Week #1 Environment June 24
 - Week #2 Body – July 1
 - Week #3 Emotions – July 8
 - Week #4 Thoughts – July 15
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Daily Format:

- 9am to 9:30am – *"The Arrival"* – breakfast/mindfulness activity
- 9:30am to 10:45am – main lesson for the day
- 10:45am to 11am – exercise & movement to increase heart rate
- 11am to 11:30am – individual team planning time
- 11:30am to 11:45am – yoga nidra
- 11:45am to 12:30pm – lunch/mindfulness activity
- 12:30pm to 1pm – *"The Closing"* – journaling & sharing circle