



## THRIVING in the WOODS CAMPING RETREAT

### LOOSE SCHEDULE of OFFERINGS and ACTIVITIES

*Remember ... during this retreat, we invite you to practice “living from what’s most alive in you”!*

This means checking in with your body and discerning what, at any moment, would contribute to your thriving or well-being.

It also means, if you’re not enjoying something, you’re sweetly encouraged to stop doing it, and go do whatever you think you might enjoy more! *(Yes, even right in the middle of it.)*

For some ideas and examples of what this might look like when you’re in the middle of interacting with someone else, see “Living From What’s Alive,” available at the Retreat Info page:  
<http://thrivinglifencv.org/retreats/thriving-in-the-woods>



#### LOOSE SCHEDULE - THURSDAY:

6:30pm - 8:00pm	Arrival/set up camp/dinner
8:00pm - 9:30pm	<b>Compassionate Noticing Conversation</b> around the fire
9:30pm - ?	Activity, hangout time, or bed time

(continued on next page)

**LOOSE SCHEDULE - FRIDAY:**

7:00am - 9:45am	Arrival/set up camp/breakfast
9:30am - 10:00am	<b>Tai Chi for Thriving</b> (potential time)
10:00am - 12:00pm	<b>Creating Choice Regardless of Circumstance: Managing Reactivity &amp; Introduction to Presence Practice / Compassionate Noticing / NVC</b> <b>* OR * OPTIONAL TOPIC<sup>1</sup></b>
11:30am - 12:00pm	<b>Tai Chi for Thriving</b> (potential time)
12:00pm - 1:00pm	Lunch
1:15pm - 3:30pm	<b>Presence Practice</b> (1 or more circles, depending on interest)
3:30pm - 5:30pm	Explore the area
3:30pm - 4:00pm	<b>Tai Chi for Thriving</b> (potential time)
5:30pm - 6:30pm	Dinner
6:45pm - 8:30pm	<b>Intro to Healthy Boundaries &amp; IPNB (3 Essential Elements)</b> <b>* OR * OPTIONAL TOPIC</b>
8:45pm - 9:45p	Community Silent Night Walk along the Pacific Crest Trail (flashlight-free group + if desired, a flashlight group)

**LOOSE SCHEDULE - SATURDAY:**

6:45am - 7:45am	Breakfast
8:00am - 10:15am	<b>Presence Practice</b>
10:15am - 10:45am	<b>Tai Chi for Thriving</b> (potential time)
10:15am - 10:45am	Grab gear for hiking day trip
10:45am - 11:15am	Drive to Indian Heaven Wilderness
11:15am - 6:00pm	Hiking, lunch, & <b>Compassionate Noticing Conversation</b> (at a stop along the hike)
6:00pm - 6:30pm	Return to campground
6:30pm - 7:45pm	Dinner and relaxing time
8:00pm - 9:15pm	<b>Exploring What's Most Alive -- evening fireside talk with Vika (what's juiciest about what you've experienced so far; discussion; skills deepening...)</b>
9:15pm - ??	More fire time, walking down by the creek, hittin' the hay early ... whatever inspires you

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<sup>1</sup> "OPTIONAL TOPICS" -- On the registration form you're invited to request topics you'd enjoy having a community conversation ("satsang") about.

**LOOSE SCHEDULE - SUNDAY:**

7:15am - 8:30am	Breakfast
8:30am - 10:45am	<b>Presence Practice Group or OPTIONAL TOPIC</b>
10:45am - 11:30am	Break down camp, pack up for trip to Lower Creek Falls
11:30am - 12:00pm	<b>Closing Circle</b>
12:00pm - 1:00pm	<b>Tai Chi for Thriving</b> (potential time)
12:00pm - 12:15pm	Drive to Lower Creek Falls
12:15pm - 4:30pm	Hike, lunch, hang out at the Falls; wander & explore; <b>final farewells</b>
4:30pm	Depart from Lower Creek Falls (arrive back in Portland by about 6pm)