



Camping Schedule

Day 1 - August 3rd

Time	Event	Details
4:00 PM	Arrival Time	Everyone travels to the Camping location. Guests begin to arrive.
5:00PM - 6:00	Settle In	Everyone finds their camping spot and starts settling in. We will have activities and childcare for ages 0-3 so the parent's can settle in comfortably
6:00 -7:00	Dinner	Organic Health Conscious Taco Bar!
7:00 PM - 10 PM	WELCOME PARTY	Rainbow Juice Bar with a Juicetender to make unique superfood mock tails. We will be playing icebreaker games getting to know each other. We will be going over the expectations and the schedule while we enjoy our raw vegan desserts. We will end our party dancing around the campfire playing live music
10 PM	Sound Healing before Bedtime	We will have a Community Sound Bath using Crystal Bowls, Gongs, Flutes Vocals, Guitars & Chimes ensuring everyone gets a deep goodnight sleep!





Camping Schedule

Day 2 - August 4th

Time	Event	Details
8:00 AM – 10:00 AM	Rising Ritual	Everyone will go into their respective camps, Adult Men & Adult Women will be in separate groups. We ALL will be focusing on Movement, Breathwork, Guided Meditation, Silent Meditation, Journaling, Vocal Activation & Rhythm Training
10:00 AM – 11:00 AM	Breakfast	Health Conscious Breakfast Buffet!
11:00 AM – 12:00 PM	Getting Ready for the Day	Opportunities to take showers, pack your bag for the big adventure & have some free time!
12:00 PM – 1 PM	Workshop	Everyone splits into their own assigned camps based on their age. The workshops are designed to take home tools that will make you STRONG SMART & HAPPY as an individual & a family!
1:00 PM – 5:00 PM	Big Adventure	Canoe Trip on the Beautiful Current River!
5:00 PM - 7PM	Dinner	5 Course Rainbow Food Medicine - Ayurvedic Meal
7:00 PM - 10 PM	Evening Celebration	Come Together for a Community Party! We will have the opportunity to express ourselves through Music, Art, Dance, Sharing Stories, Drumming & Singing! We will have engaging activities for all age group!
10 PM	Sound Healing before Bedtime	We will have a Community Sound Bath using Crystal Bowls, Gongs, Flutes Vocals, Guitars & Chimes ensuring everyone gets a deep goodnight sleep!



Camping Schedule

Day 3 - August 5th

Time	Event	Details
8:00 AM – 10:00 AM	Rising Ritual	Everyone will go into their respective camps, Adult Men & Adult Women will be in separate groups. We ALL will be focusing on Movement, Breathwork, Guided Meditation, Silent Meditation, Journaling, Vocal Activation & Rhythm Training
10:00 AM – 11:00 AM	Breakfast	Health Conscious Breakfast Buffet!
11:00 AM – 12:00 PM	Getting Ready for the Day	Opportunities to take showers, pack your bag for the big adventure & have some free time!
12:00 PM – 1 PM	Workshop	Everyone splits into their own assigned camps based on their age. The workshops are designed to take home tools that will make you STRONG SMART & HAPPY as an individual & a family!
1:00 PM – 5:00 PM	Big Adventure	Explore the Onondaga Cave!
5:00 PM - 7PM	Dinner	5 Course Rainbow Food Medicine - Ayurvedic Meal
7:00 PM - 10 PM	Evening Celebration	Come Together for a Community Party! We will have the opportunity to express ourselves through Music, Art, Dance, Sharing Stories, Drumming & Singing! We will have engaging activities for all age group!
10 PM	Sound Healing before Bedtime	We will have a Community Sound Bath using Crystal Bowls, Gongs, Flutes Vocals, Guitars & Chimes ensuring everyone gets a deep goodnight sleep!



Camping Schedule

Day 4 - August 6th

Time	Event	Details
8:00 AM – 10:00 AM	Rising Ritual	Everyone will go into their respective camps, Adult Men & Adult Women will be in separate groups. We ALL will be focusing on Movement, Breathwork, Guided Meditation, Silent Meditation, Journaling, Vocal Activation & Rhythm Training
10:00 AM – 11:00 AM	Breakfast	Health Conscious Breakfast Buffet!
11:00 AM – 12:00 PM	Getting Ready for the Day	Opportunities to take showers, pack your bag for the big adventure & have some free time!
12:00 PM – 1 PM	Workshop	Everyone splits into their own assigned camps based on their age. The workshops are designed to take home tools that will make you STRONG SMART & HAPPY as an individual & a family!
1:00 PM – 5:00 PM	Big Adventure	Big Springs Adventure
5:00 PM – 7PM	Dinner	5 Course Rainbow Food Medicine - Ayurvedic Meal
7:00 PM – 10 PM	Evening Celebration	Come Together for a Community Party! We will have the opportunity to express ourselves through Music, Art, Dance, Sharing Stories, Drumming & Singing! We will have engaging activities for all age group!
10 PM	Sound Healing before Bedtime	We will have a Community Sound Bath using Crystal Bowls, Gongs, Flutes Vocals, Guitars & Chimes ensuring everyone gets a deep goodnight sleep!



Camping Schedule

Day 5 - August 7th

Time	Event	Details
8:00 AM – 10:00 AM	Rising Ritual TOGETHER	We will do Rising Ritual together as a collective. Each group will lead a section of Rising Ritual demonstrating what they have learned.
10:00 AM – 11:00 AM	Breakfast	A Special Farewell Breakfast!
11:00 AM – 12:00 PM	Pack Up	We will pack up and clean our space!
12:00 PM – 4:00 PM	FAREWELL PARTY	Beach Day at the Meremac Springs! We will have an intimate Closing Circle to hear everyone's reflections of the week! We will play Games with prizes! T-shirt Singing, gift making station, Live Music & Dance Party!

