A Weekend of Healing Art in Nature
Tentative Schedule
Sleeping Lady Mountain Resort: check in 3:00 pm Friday - check out 11:00 am Sunday

Friday April 17th, 2020
3:00-4:00 pm ~ Check in, lobby. Explore your new surroundings
4:00 pm ~ PM Beverage Break. Gather at Woodpecker (available reference materials, binoculars, brain research, yoga materials, art supplies)
4:30-5:30 pm ~ Writing the Senses, Breathing in the Senses, Share a Word or Phrase: nature awareness walk from Woodpecker to Kingfisher BBQ for writing exercise
5:30-6:00 pm ~ Blind Contour Drawing Introduction: People, Birds, Plants, Kingfisher BBQ weather permitting or Woodpecker
6:00-7:00 pm ~ Buffet Dinner, Kingfisher Restaurant
7:00-8:00 pm ~ Overview and Ground Rules, Woodpecker
7:56 pm ~ Sunset

Saturday April 18th, 2020
5:30-6:15 am ~ Sunrise Meditation on the Knoll
6:00 am ~ Sunrise
6:30-7:15 am ~ Movement Yoga, Woodpecker
7:30-8:30 am ~ Buffet Breakfast, Kingfisher Restaurant
8:30-10:00 am ~ Gentle Birding from Kingfisher Restaurant along Icicle Creek
10:00 am ~ AM Beverage Break, Woodpecker
10:30–11:00 am ~ Brain Lecture, Woodpecker
11:00 am-12:00 pm ~ Art of Nature Journaling: Right Brain/Left Brain Drawing Plants and Birds; Sense of Place Color Boxes, Woodpecker or Flicker
12:15-1:15 pm ~ Buffet Lunch, Kingfisher Restaurant
1:30-3:00 pm ~ *Birding Journal Walk with 5-Things-In-Nature* from Kingfisher Restaurant to ridge top above SL on the bitterbrush trail with arrowleaf balsamroot.

3:15-4:45 pm ~ Group Free Time

4:45-5:45 pm ~ *Movement Yoga*, Woodpecker

6:00-7:00 pm ~ Buffet Dinner, Kingfisher Restaurant

6:55 pm ~ PM Beverage Break, Woodpecker

7:00-8:00 pm ~ *Writing the Senses*, Kingfisher Restaurant weather permitting, Woodpecker or Grotto

8:00 pm ~ Sunset

**Sunday April 19th, 2020**

5:30-6:15 am ~ *Sunrise Meditation* on the Knoll

6:00 am ~ Sunrise

6:30-7:15 am ~ *Movement Yoga*, Woodpecker

7:30-8:30 am ~ Buffet Breakfast, Kingfisher Restaurant

8:30-10:00 am ~ *Gentle Birding* from Kingfisher Restaurant to the Organic Garden

10:00 am ~ AM Beverage Break, Woodpecker

10:00-10:30 am ~ *Close Out and Future Paths*, Woodpecker

11:00 am ~ Check out, lobby

11:30 am-1:30 pm ~ Optional “independent nature journaling” with Heather