

	FRIDAY	May 15, 2026		
	7:00am - 10:00pm	Hot Tub Open	Hot Tub	Bring a buddy
	9:00am until dusk	Self-Led Hiking	Meet on Lodge Deck to form a group (if desired)	Self-Led/ Must sign out in lodge
	3:00 - 6:00pm	Check-In & Cabin Assignments	Coffee House	Camp Staff
●	4:30 - 5:45pm	Opening Class - All Levels Pranakriya Gentle Stretch	Lodge	Angela A. (music)
	6:00 - 6:15pm	Meal Set Up-Tables Up	Lodge	<i>All Cabins</i>
	6:15 - 6:45pm	Social Hour/Meet and Greet Teachers/Musicians and Campers	Lodge	Everyone!
	6:45 - 7:45pm	Dinner	Lodge	
	7:30 - 8:00pm	Welcome & Introduction - safety, camp theme, flow map review	Lodge	Angela, Nathan and Janet
	8:00 - 8:15pm	Tables Down	Lodge	<i>All Cabins</i>
■●	8:30pm-9:15pm	Drum Circle - All Levels No prior experience needed!	Lodge	Frank D.
		Gathering with friends, talking, playing games, etc - anytime schedule is free (board games and coloring books available)	Lodge, Coffee House, Pavilion, Camp grounds	
	10:00pm - 7:00am	Quiet Time	Cabins & Paths	All

	SATURDAY	May 16, 2026		
●	6:30 - 7:30am	Wake-Up Yoga (All Levels)	Coffee House	Fania
	7:00am - 10:00pm	Hot tub open	Hot Tub	Bring a buddy
	7:00 - 7:30am	Meal Set Up - Tables Up	Tables for Meals	<i>Craig's Cabin</i>
	7:30 - 8:30am	Good Start Breakfast	Lodge	
	8:30 - 9:00am	Tables Down		<i>Craig's Cabin</i>
■	9:00 - 10:45am	"Exploring Spanda" Workshop	Coffee House	Kathy Bolte
■	9:00 - 10:45am	Herbalism Nature Hike (5-min drive and then hike in Foresee Creek)	Meet lodge deck	Dr. Becky
■	11:00am-12:15pm	Pranakriya Yoga <i>Part I</i> (All Levels Hatha Yoga)	Lodge	Nathaniel Gabor
	12:15 - 12:30pm	Tables Up		Cabin 5 & 7
	12:30 - 1:30pm	Lunch		
	1:30 - 1:45pm	Keep Tables Up/Clean		Cabins 5 & 7
	2:00 - 3:25pm	Healing Herbalism (Craft Your Own Brew)	Lodge	Dr. Becky
●	3:30 - 4:45pm	Yogi Free Time	Yogi's Choice	Yogi's Choice
■	3:30 - 4:45pm	Pranakriya Yoga <i>Part II</i> (All Levels Meditative Postures)	Coffee House	Nathaniel Gabor`
	4:30 - 5:15pm	Social Time and SNACK!	Lodge Deck	
	5:30 - 6:00pm	Set Tables		Cabins 1 & 6
	6:00 - 7:00pm	Dinner		
	7:00 - 7:15pm	Keep Tables Up (clean)		Cabins 1 & 6
●	8:00 pm	Ākāśavāni Kīrtan (music, chanting, dancing)	Coffee House	Musicians
	10:00pm - 7:00am (Quiet Time)	Gathering with friends, Board Game Cafe, Tea & Coloring Station	Lodge, Coffee House, Pavilion, Amphitheater	All! Bring a fave game or coloring book to share!

	SUNDAY	May 17, 2026		
●	6:30 - 7:30am	Wake-Up Yoga (All Levels)	Coffee House	Fania
	7:00am - 12:30pm	Hot Tub Open		
	7:00 - 7:30am	Tables Up (Set)		Cabins 3 & 8
	7:30 - 8:30am	Good Start Breakfast	Lodge	
	8:30 - 8:45am	Some Tables STAY for Art	Lodge	Cabins 3 & 8
	8:45am	Yoga Camp Group Photo	Gather in Lodge	Everyone!
●	9:00 - 10:30am	Art Inspired by Nature	Lodge	Lauren W.
		Take down art tables		ALL
●	10:45 - 11:45am	Pranakriya Yoga - The Healing Power of Nature	Lodge	Angela
	11:45am-12:00pm	Final Integration (for everyone)	Lodge	Angela & Nathan
	12:15 - 12:30pm	Tables Up	Lodge	All Cabins
	12:30 - 1:30pm	Lunch & Closing	Lodge	Angela & Nathan
	1:30 - 1:45pm	Tables Down	Lodge	All Cabins
	3:00pm	Clean Up & Check Out	All Cabins and Meeting Spaces	

Have a safe drive home and see you next year!

Massages will take place in various locations.

Tracey will be in the lodge/lodge deck for chair massages.

Jen will be doing table massages in PSWRL/Library Cabin

Note on Tipping:

Camp staff work hard to prepare all of our meals and take good care of us! Please plan to tip them with cash or check

(box in the Main Lodge near coffee station)

Massage therapists kindly donate 20% of their pre-tip income back to camp. The massage therapist rates will be announced soon, but are an additional out of pocket cost not included in our program registration fees.