

Daily Schedule

Sophia Camp 2017

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| Start Time | Location |
| 8:30 AM | 919 First Coronado |

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|---|--|---|---|
| 8:30 AM | Yoga | Yoga | Yoga | Yoga | Yoga |
| 9:15 | Getting to Know You Games & Sophia Values | Getting to Know You Games | Getting to Know You Games | Games | Journals/Crafts |
| 10:00 AM | Ayurveda: Space | Ayurveda: Air | Ayurveda: Fire | Ayurveda: Water | Ayurveda: Earth |
| 11 AM | Play time! | Play time! | Play time! | Play time! | Play time! |
| 12:00 PM | Lunch with Leader: Regina Bernal | Lunch w Leader: Silvia Mah | Lunch w Leader: Dr Hanna Heidi | Lunch w Leader: Karyn Buxman | Lunch w Leader: Dr Melanie Fiorella |
| 1:00 PM | Crafts with Melissa Ware *HS Girls Interview Leader | Crafts, Journals *HS Girls Interview Leader | Crafts, Art, Journals *HS Girls Interview Leader | Crafts, Art, Journals *HS Girls Interview Leader | Art, Journals *HS Girls Interview Leader |
| <i>HS Girls @ 1 PM</i> | <i>Interview Lunch with Leader Karyn Buxman, RN</i> | <i>Interview Lunch with Leader Dr. Silvia Mah</i> | <i>Interview Lunch with Leader Dr. Heidi Hanna</i> | <i>Interview Lunch with Leader Regina Bernal, MBA</i> | <i>Interview Lunch with Leader Dr. Melanie Fiorella</i> |
| 1:30 PM | Journaling with Joyce Chapman | Art with Marjorie MacKenzie | Natural Medicine : Self-care & w Tiziana Boccaletti | Music with Carolyn Sanders Kull | Ayurvedic Self Care with Morgan Andersen |
| <i>HS Girls @ 1:30 PM</i> | <i>HS Girls: DiBi with Ellen & Dawn</i> | <i>HS Girls: DiBi with Ellen & Dawn</i> | <i>HS Girls: DiBi with Ellen & Dawn</i> | <i>HS Girls: DiBi with Ellen & Dawn</i> | <i>HS Girls: DiBi with Ellen & Dawn</i> |
| 3:00 PM | Restorative Yoga | Restorative Yoga | Yoga Nidra with Maria Silva | Restorative Yoga | Restorative Yoga |
| 3:30 PM | Listening Practice | Listening Practice | Listening Circle | Listening Circle | Listening Circle |
| 4pm | Pick up! | Pick up! | Pick up! | Pick up! | Pick up! |