

# Daily Schedule

Sophia Camp 2018

Start Time	Location
8:30 AM	757 C, Coronado

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2018 Theme	<b>YOU</b>	<b>ARE</b>	<b>WHAT</b>	<b>YOU</b>	<b>SEE</b>
8:30 AM	Yoga - Areli	Yoga - Lindsay Russo	Yoga -Morgan A?	Yoga - Sensei David?	Yoga - ?
9:15	Getting to Know You Games & Sophia Values	Getting to Know You Games	Getting to Know You Games	Crafts	Journals/Crafts
10:00 AM	Space	Air	Fire	Water	Earth
11 AM	Play time!	Play time!	Play time!	Play time!	Play time!
12:00 PM	Lunch w Leader: Dr Melanie Fiorella	Lunch w Leader: Heidi Fearon	Lunch w Leader: Tatiana	Lunch with Leader Carol Kearney	Lunch w Leader: Silvia Mah
1:00 PM	Crafts, Journals	Crafts, Journals	Ayurvedic Self Care with Morgan Andersen	Ayurvedic Self Care with Morgan Andersen	Music with Carolyn Sanders Kull
1:30 PM	You Are What You See with Kari Ross Berry	We Are All Artists with Marjorie MacKenzie	Vision Boards with Regina Bernal	Journaling with Joyce Chapman	Pageant of Strengths
3:00 PM	Restorative Yoga	Restorative Yoga	Yoga Nidra with Maria Silva	Restorative Yoga	Fun & Games
3:30 PM	Listening Practice	Listening Practice	Listening Circle	Listening Circle	Closing Circle
4pm	Pick up!	Pick up!	Pick up!	Pick up!	Pick up!