

Explore the CORE - Rocky Mountain Experience 2016

The Crossing at Ghost River, Alberta, CANADA

	17-Jun Friday	18-Jun Saturday	19-Jun Sunday	20-Jun Monday
		Yoga/Movement	Yoga/Movement	Yoga/Movement
8am to 9am		Breakfast	Breakfast	Breakfast
9 am to 10:30am		Know what you want	Show Up	Gratitude
		Break	Break	Break
10:45 am to 12:15pm		The Power and Wisdom of Nature	Show Up	REPEAT/Closing Ceremony
		Lunch	Lunch	Lunch**
1:30 pm to 3 pm	Guests Arrive and Site Orientation	Ask For It	Keep My Word	
		Break		
			Break	
3:30 pm to 5pm	Meet and Greet with Kate Michels	Transform and Download	Keep My Word	
	Dinner *	Dinner	Dinner	
7 pm to 9:30 pm	Get BEAR Naked	Self-reflection	Special Event	

* Keynote Opening with Kate Michels

** program officially closes with lunch

NOTE- Exact Schedule and Contents are subject to change. Program start and finish times are accurate - June 17 and 20.

Know Thyself	Be Thyself	Love Thyself
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