


# 2017 Arizona ACA Mingus Mountain Retreat

## September 8-10, 2017

# DRAFT

Start Time	Loc	Friday	Loc	Saturday	Loc	Sunday
6:30 AM			MH	6:30-7:30 Guided Meditation with Sara G	CH	6:30-7:30 Guided Meditation - Sara G
8:00- 9:00			LH	6:30-7:30 Morning Yoga with Shannon W	VC	7:00-7:30 Tai Chi - Phyllis
9:00-10:00				DH	8:00-8:45 Food Service Day Pass Check-In	DH
					LH	9:00-10:15 <b>KATIE L.</b> -Love Addiction / Love Avoidance: Focusing on Solutions.
					Pav	9:00-10:15 ACA Meeting- pending chair
10:00-11:00		10:00-Noon Volunteers & Setup to Open Camp	Pav	10:00-11:15 ACA Meeting-open - Scott R		10:30-10:45 Camp Wide Cleanup
11:00-Noon			Pav		FC	11:00-12:30 Closing Ceremony <i>Francis B and Bekah T</i>
Noon-1:00	Pav Pav	Noon Guest Arrival Begins Noon Scavenger Hunt begins	DH	12:00-12:45 Food Service	DH	12:30-1:15 Food Service
1:00-3:30	ZL	1:30-3:30 Zip Line - <i>Bill</i>	LH	1:00-3:00 <b>ALAN A.</b> - Trauma, Toxic Feelings and Emotional Release		1:30-2:00 Walk Through
		2:00-3:30 Activity - Hike - TBD	ZL	2:00-3:30 Zip Line - TBD		2:00 Close Camp
	PT	2:00-3:30 Workshop - Reparent Experiential Art - Sumer	MH	2:00-3:30 ACA Women's Meeting - Michelle		
3:30-5:00	OC	3:45-5:00 ACA Men's Meeting - Jess (JCC)	LH	3:30-5:00 YOGA Sara G	<b>ACA Meetings Pending Volunteers to Chair</b>  <b>LOCATION KEY</b>  DH Dining Hall FC Fire Circle LH Lapointe Hall LP Lookout Point MH Mesa Hall OC Outdoor Chapel Pav Pavilion PT Picnic Tables at DH VC Volleyball Court ZL Zip Line	
	LH	3:45-5:00 ACA Women's Meeting - Linda C	Pav	3:30-5:00 Workshops - Creative Art Journaling - Megan		
			VC	3:30-5:00 Workshops - Higher Power Walking - Christine		
5:00-6:00	DH	5:10 Announcements	DH	5:10 Announcements		
	DH	5:15-6:15 Food Service	DH	5:15-6:15 Food Service		
6:00-7:00	LH	Scavenger Hunt ends				
	LH	6:30-7:10 Orientation <i>Bekah T and Bobbi S</i>	LH	6:30-7:30 <b>Meditation</b> - Christopher Dines		
7:00-8:30	LH	7:15- 8:15 ACA meeting- Peggy intro from Doug, Teri, and Bekah	LP	7:30-9:00 ACA Candle Light Mtg - <b>Look out point Doug S.</b>		
			Pav	7:45-9:00 ACA Candle Light Mtg - chair- pending		
8:30-10:00	LP	8:30 Stroll to Lookout Point (approx 1/4 mile)				
	LH	8:30-9:30 <b>ANNE N: STEP 11 YOGA NIDRA</b>				
	FC	8:30-10:00 Campfire & Acoustical Jam Session	FC	8:30-10:00 Campfire & Acoustical Jam Session		
10:00 PM		Quiet Time Begins		Quiet Time Begins		

Ideas for your Inner Child around camp - Find the Sand Box or Swings. Catch one of the zipline time slots. Arts and Crafts in the Pavilion or during one of the workshops. Find a trail up on the mountain. Mesa Hall anytime for meditation or reflection.