


# 2017 Arizona ACA Mingus Mountain Retreat

## September 8-10, 2017

Start Time	Loc	Friday	Loc	Saturday	Loc	Sunday
6:30 AM			MH	6:30-7:30 Guided Meditation - 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 Morning Tai Chi with Phyllis R
9:00-10:00			DH	8:00-8:45 Food Service Day Pass Check-In	DH	8:00-8:45 Food Service
			LH	9:30-11:30 <b>CHRISTOPHER DINES</b> - Mindful Self-Kindness	LH	9:00-10:15 <b>KATIE L.</b> -Love Addiction / Love Avoidance: Focusing on Solutions
					Pav	9:00-10:15 ACA Meeting- open - Francis B
10:00-11:00		10:00-Noon <b>Volunteers &amp; Setup to Open Camp</b>	Pav	10:00-11:15 ACA Meeting- open - Scott R		10:30-10:45 <b>Camp Wide Cleanup</b>
11:00-Noon			Pav		FC	11:00-12:30 Closing Ceremony Francis B and Bekah T
Noon-1:00	Pav Pav	Noon <b>Guest Arrival Begins</b> 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 - Bill	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 - Mingus Staff		2:00 <b>Close Camp</b>
	PT	2:00-3:30 <b>Workshop - Repairment Experiential Art - Sumer</b>	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 <b>YOGA Sara G</b>	<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 <b>Workshops - Creative Art Journaling - Megan</b>		
			VC	3:30-5:00 <b>Workshops - Higher Power Walking - Christine</b>		
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 Bekah T and Bobbi S	LH	6:30-7:30 <b>Meditation - Christopher Dines</b>		
7:00-8:30	LH	7:15- 8:15 ACA meeting- Peggy R 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- Laurie M		
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		<b>Quiet Time Begins</b>		<b>Quiet Time Begins</b>		

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.