



ACTIVITIES SCHEDULE

FRIDAY:

10:00pm – 12:00am

Welcome Party

Come enjoy the pool & air hockey tables, Karaoke, games and music!

Game Room, Main Building, Downstairs

SATURDAY:

6:00am – 7:00am

1:00pm – 4:00pm

Beach Hike

Free time

Meet in Front of Dining Hall

Relax by the pool, in the Hospitality Room, in your room, by the beach, or Santa Barbara is a short drive away.

1:30pm – 3:00pm

5:00pm – 6:00pm

Guided Journaling

Qi Gong

Qu Gong (pronounced “chi gong” is the cultivation of energy through movement, breath, and intention.

Ramona Court, Rm. 4124 with Dawn D.
Main Room at Linda Vista with Lori L.

10:00pm – 11:15pm

9:30pm – 12:00am

Sound Bath

Game Rooms Open

Main Room at Linda Vista

Main Building by Office, Downstairs

SUNDAY:

6:00 – 7:00am

Beach Hike

Meet in Front of Dining Hall

ALL WEEKEND LONG:

Photo Booth

Draw your Higher Power

Coloring, Puzzles & Games

Fitness Center

Main Room at Linda Vista

Hospitality Room

Hospitality Room

Main Building by Office, Downstairs

THINGS TO BRING FOR ACTIVITIES:

Yoga Mat or Meditation Cushion

Swimwear

Beach Towel

Sunscreen & Hat

Journal & Pen

Personal Arts & Crafts

Workout/Yoga Clothes

Hiking Shoes / Walking Shoes

