ANFT Los Angeles Arboretum Schedule: 29th June- 2nd July **(All scheduling is subject to change)**

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| Day | Morning | Lunch Break | Afternoon |
| Day 1 – 6/29  \*LA Arboretum | 8:30 Morning Circle  9:00 – 12:00 Forest Therapy Walk with Ben | 12:00 - 2:00 | 2:00 – 3:15 Introduction Circle  3:30 – 5:00 Debrief Walk (Ben) |
| Day 2 – 6/30  \*LA Arboretum | 9:30 Morning Circle  10:00 – 12:00 Invitation Dream Space | 12:00 - 2:00 | 2:00-3:00 Experiential Session: Play & Spontaneity  3:15-4:30 Trainer Q&A  4:30-6:00 BREAK  6:00 – 9:00 Sunset Forest Therapy Walk with Manuela |
| Day 3- 7/1  \*Nat Forest | 8:00 Rendezvous to Caravan into Nat Forest (spot TBD)  8:30 Morning Circle  9:00 – 10:30 Debrief Walk (Manuela)  10:45- 11:45 Experiential Session: Deep Listening & Story Weaving  11:45 Group Photo | 12:00 - 1:00  Pic Nic Lunch in the National Forest | 1:00- 4:00 Solo Wander  4:00- 5:00 Witness Circle  5:30- 6:00 Graduation Ceremony  8:30 Celebration Dinner (Location TBD) |
| Day 4 – 7/2  \*TBD  \*Ends at 12pm | 8:30 Morning Circle  9:00 – 10:00 Honoring the land  10:00-11:30 Final Sharing Circle  11:30-12:00 Immersion Evaluations & End of Program | N/A |  |

\*TBD: Manuela and Ben will host a welcome event on the evening of 6/28, somewhere not too far from the Arboretum (either at a restaurant or local park).