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 Circle9:00 – 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 & Spontaneity3:15-4:30 Trainer Q&A4:30-6:00 BREAK6:00 – 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 Weaving11:45 Group Photo | 12:00 - 1:00Pic Nic Lunch in the National Forest | 1:00- 4:00 Solo Wander4:00- 5:00 Witness Circle5:30- 6:00 Graduation Ceremony8:30 Celebration Dinner (Location TBD) |
| Day 4 – 7/2\*TBD\*Ends at 12pm | 8:30 Morning Circle 9:00 – 10:00 Honoring the land10:00-11:30 Final Sharing Circle11:30-12:00 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).