



TENTATIVE SCHEDULE

Monday, May 9

3:45 - 4:15	Arrive at Lost Canyon	**Please try to arrive in this specific window of time. We unfortunately cannot accommodate early arrivals.	
4:30 - 5:10	WELCOME to Your Cabin!	Cabins	Small Groups
5:15 - 6:00	Opening Welcome Session	Clubroom	Alisa
6:00 - 7:00	Dinner with Small Groups	Dining Hall	
7:15 - 7:25	Live Worship	Gym	Nina Landis
7:25 - 8:05	Rev on the Mat	Gym	Alisa & Michele Tupen
8:10 - 8:30	BSBL		
8:30 - 9:00	Healing	Gym	Alisa

Tuesday, May 10

7:15 - 7:45	Be Still & Be Loved	Gym	Heather
7:50 - 9:00	Workout in Gym	Gym	Alisa, Torie Bartee & Amia Freeman
9:00 - 9:40	Breakfast	Clubroom	
9:40 - 10:45	Break		
10:45 - 11:45	Worship + Opening Bible Study with Alisa		Alisa
12:00 - 12:55	Session 1		
	A: Living & Loving from Honor	Clubroom	Heather Johnson
	B: Show Me, Me	Gym	Crystal VanderHeiden
1:00 - 2:00	Lunch with Small Group	Dining Hall	
2:15 - 3:45	<i>Optional</i> Rev Wild Nature Hike		
2:15 - 3:45	<i>Optional</i> Bible Journaling		Jennifer Allen
4:00 - 5:00	Session 2		
	A: Mastering Social Media Content	Clubroom	De Bolton & Angenette Lau
	B: Trust Based Parenting	Gym	Megan Moursand
5:00 - 5:30	Free Time / <i>Optional</i> Stillness with reflection questions		
5:30 - 6:30	Regional Meet & Greet	See Map	
6:30 - 7:30	Dinner	Dining Hall	
7:30 - 8:00	Family Gathering for Lead Instructors	Clubroom	
8:00 - 9:00	Laughter is Good for the Soul	Clubroom	
9:00 - 9:30	Fire Pits Open		

Wednesday, May 11

8:00 - 8:20	Be Still & Be Loved	Gym	Bri or Savannah
8:25 - 9:25	Workout in Gym	Gym	Kara, Sara & Katrina
9:25 - 9:55	Breakfast	Dining Hall	
10:00 - 11:00	Live Worship+ Bible Study with Nina Landis	Clubroom	
11:00 - 11:30	Small Group	Clubroom/Cabins	
11:30 - 12:00	Free Time		
12:00 - 1:00	Session 3		
	A: Teaching Online Fitness & Wellness Classes	Clubroom	Kara & Torie

	B: How Emotions Get Stuck in our Body & What to Do With Them	Gym	Jonnie Goodmanson
1:00 - 2:00	Lunch - Panel for Questions	Dining Hall	
2:00 - 2:45	Free Time		
2:45 - 3:45	Session 4		
	A: Coping Skills For Life	Gym	Jennifer Voorhaar
	B: How to Study the Bible	Clubroom	Kristen Ulin, Heather Johnson
4:00 - 4:30	Marriage Prayer	Clubroom	Alisa & Renee Worcester
4:00 - 4:30	General Relationship Prayer	Gym	Amia Freeman & Tammy LaFleur
4:30 - 5:45	Free Time		
5:45 - 6:00	Small Group	Cabins	
6:00 - 6:30	Instructions Will Be Provided from your Small Group Leader		
6:30 - 7:30	Dinner	Dining Hall	
7:45 - 9:15	Worship, Experience God, Teaching with Alisa	Clubroom	

Thursday, May 12			
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7:30 - 8:00	Be Still & Be Loved	Gym	
8:00 - 9:00	Workout in Gym	Gym	Rev X Team
9:00 - 9:45	Breakfast	Dining Hall	
10:00 - 11:00	Embracing All Nations	Clubroom	Adrienne Edge & Demetria Yanez
11:15 - 12:15	Session 5		
	A: Failure is Never Final	Gym	Aaron Brewer
	B: TBD	Clubroom	TBD
12:20 - 1:00	Intercessory Prayer with small group	Cabins	
1:00 - 2:00	Region Lunch	Dining Hall	
2:15 - 3:15	Action Plan Creation Time		
3:15 - 4:15	Free Time		
4:30 - 5:45	Small Group	Cabins	
5:45 - 6:30	Begin Packing / Free Time	Cabins	
6:30 - 7:30	Dinner	Dining Hall	
7:45 - 8:45	Worship , Bible Study	Clubroom	Alisa
8:45 - 9:15	Closing		

Friday, May 13			
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7:00 - 8:00	Worship , ReEntry	Clubroom	Alisa
8:00 - 8:30	Listening to God Quiet Time	Clubroom	
8:35 - 8:45	Group Photo	Outside Clubroom	
8:45 - 9:15	Check Out	Cabins	
9:15 - 9:45	Breakfast	Dining Hall	
9:45	Departure for All Participants		