



RAINFOREST RETREAT SCHEDULE

JUNE 14-16, 2024

	FRIDAY	SATURDAY	SUNDAY
5:00 AM		Tea & fruit	Tea & fruit
5:30 AM			
6:00 AM			
6:30 AM		Sunrise bird ID with Dr. Eric Anderson	Sunrise bird ID with Dr. Eric Anderson
7:00 AM			
7:30 AM			
8:00 AM		Breakfast	Breakfast & pack up room
8:30 AM			
9:00 AM			
9:30 AM			
10:00 AM		Forest Exploration (lower elevation) with H�el�ene Marcoux RPF, Victoria Farahbakhchian RPBio, & Dr. Eric Anderson	Free time: Yoga with Cheyenne Merlo, canoe, guided lake hike, birding, plant ID
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM		Forest picnic with Chef Robin Kort & Foraging ID	Lunch
1:00 PM			
1:30 PM			
2:00 PM		Forest Exploration (high elevation) with H�el�ene Marcoux RPF, Victoria Farahbakhchian RPBio, & Dr. Eric Anderson	Old growth & forest bathing with Dr. Tahia Devisscher
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM		Guests arrive/ settle in (tea, snack, orientation guide)	Hugs & goodbyes!
4:30 PM			
5:00 PM	Meet the group	Free time	
5:30 PM			
6:00 PM	Dinner	Dinner	
6:30 PM			
7:00 PM			
7:30 PM	Interactive Evening "Flights and Flights"	Free time: canoe, yoga with Cheyenne Merlo, guided hike, camp fire	
8:00 PM			
8:30 PM	Optional: guided night walk (sounds of the night)		
9:00 PM			
9:30 PM			
10:00 PM			

