

Welcome



Meditation in Motion

Mindful Hiking and Movement

with Laurie Magoon

G24060104

June 2-7, 2024

Greetings from New Mexico,

Thank you for registering for the upcoming MEDITATION IN MOTION PROGRAM.

I look forward to meeting you and co-creating a meaningful and fun filled week.

During our time together we'll take easy hikes, nature walks, practice mindfulness, brief meditations, gentle yoga, and a little yoga dance – tailored for everyBODY. I believe we will enjoy deep and lighthearted conversations. Group connection and laughter included!

Our schedule and meeting space will be confirmed upon arrival at registration.

Here are the details for Sunday, June 2

Check In: 3:00 – 5:00 pm – Welcome Center

Dinner: 5:30 – 6:30 pm – Dining Hall

Orientation: 6:45 – 7:15 pm TBA

Program – 7:30 – 8:30 pm TBA

*Our daily schedule will be 9:00 am – 12noon and 3:30 pm – 5:30 pm

*Weather dependent our schedule may vary – evening session 7:15 pm – 8:15 pm possible

WHAT TO BRING:

- Casual wear, rain gear, layers for waterfront, hiking and movement.
- Sturdy hiking boots and sneakers
- Water bottle, sunscreen, hat, backpack, sunglasses
- Journal, notebook, colored pencils if you prefer to draw vs write.
- Flashlight, headlamp
- An open mind and heart

WEATHER may be chilly in the morning and can be HOT by 10:00 am – layers are recommended.

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Please email me (contact@lauriemagoon.com) directly with the following:

- Confirm any dietary needs and/or food allergies.
- Please share any health concerns I should be aware of
- Let me know what you are looking forward to in this program.
- Please share a song or band that you like.

Thank you!

Many Blessings,

Laurie Magoon