

# Welcome



## Meditation in Motion - Mindful Hiking and Movement

with Laurie Magoon  
G25060408  
June 27-29, 2025

### WELCOME TO MEDITATION IN MOTION – MINDFUL HIKING AND MOVEMENT

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 movement – 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.

Check In: 3:00 – 5:00 pm – Welcome Center  
Dinner: 5:30 – 6:30 pm – Dining Hall  
Orientation: 6:30 pm  
Program: 7:00 pm Evening Stroll  
\*Weather varies and our schedule may vary

#### WHAT TO BRING:

- Casual wear, rain gear, layers for 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.

- Please email me at: [magoon007@gmail.com](mailto:magoon007@gmail.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.**

Stay Amazing,  
Laurie Magoon