**Mindful Backpack Retreat 2024**

**Location:** Cimarron Mountains (exact route to be decided depending on trail conditions and snow melt)

**Thursday July 11th-** Meet in Montrose at 7:30am. We will do a gear check and packing instructions before carpooling to the trailhead.

Backcountry etiquette talk

We will hike in for approximately 5 miles and setup base camp.

Afternoon yoga

Group dinner

Mindful meditation and discussion

**Friday July 12th**

7:30am breakfast and group discussion

Morning yoga

Optional day hikes

Mindful meditation and discussion

Group dinner

**Saturday July 13th**

7:30am breakfast, and group discussion

Morning yoga

Optional day hikes

Mindful meditation and discussion

Group dinner

**Sunday July 14th**

7:30am breakfast and group discussion

Morning yoga

Pack up camp (leave no trace)

Hike back to cars

Mindful debrief and goodbyes