

PROGRAM | OCTOBER

2022

MON	TUE	WED	THU	FRI	SAT	SUN
					1 CRAIG WARREN IN RESIDENCE AT 58 TRAIL RUNNING HOMIE LOVER FRIEND CONTEMPLATIVE HIKE	2 HOMIE LOVER FRIEND TRAIL RUNNING PROCESS WALK OF 58 CONTEMPLATIVE HIKE
3	4	5	6 PROCESS WALK OF 58 TALK : VEDANTA "KNOWLEDGE OF LIFE" BY CRAIG WARREN	7 PICKING IN THE GARDEN WITH PAUL BOMA DINNER FIRESIDE PHILOSOPHY : POETRY READING	8 PROCESS WALK OF 58 TRAIL RUNNING CONTEMPLATIVE HIKE	9 CONTEMPLATIVE HIKE TRAIL RUNNING GUIDED WALK AT NIROX FOR FARMHOUSE GUESTS FULL MOON HIKE AND SOUND BATH
10 WORK IN NATURE TALK : COPING WITH CRISIS BY CRAIG WARREN TREATMENT DAY	11 WORK IN NATURE POETRY READINGS TALK: CREATING HARMONIOUS RELATIONSHIPS BY WARREN TREATMENT DAY	12 WORK IN NATURE TALK: THE POWER OF EMOTION BY CRAIG WARREN TREATMENT DAY	13 WORK IN NATURE TALK: PRACTICE SELF CONTROL BY CRAIG WARREN TREATMENT DAY	14 VEDANTA RETREAT BOMA DINNER & DRUMMING. FIRESIDE PHILOSOPHY: STRESS FREE LIVING - COOKING ON FLAMES (VEGETARIAN)	15 VEDANTA RETREAT TRAIL RUNNING PROCESS WALK OF 58 CONTEMPLATIVE HIKE TREATMENT DAY	16 VEDANTA RETREAT TRAIL RUNNING CONTEMPLATIVE HIKE TREATMENT DAY
17 WORK IN NATURE POETRY READINGS	18 WORK IN NATURE POETRY READINGS TALK: THE POWER OF EMOTION CRAIG WARREN TREATMENT DAY	19 DIGITAL DETOX RETREAT TREATMENT DAY	20 DIGITAL DETOX RETREAT TREATMENT DAY	21 DIGITAL DETOX RETREAT TREATMENT DAY	22 TRAIL RUNNING BOMA DINNER & DRUMMING. FIRESIDE PHILOSOPHY: RISING NOT FALLING IN LOVE CONTEMPLATIVE HIKE	23 TRAIL RUNNING PEACE CONCERT AT NIROX TRAIL RUNNING CONTEMPLATIVE HIKE
24 WORK IN NATURE	25 WORK IN NATURE	26	27	28 CHEF STORM RODGER IN RESIDENCE BOMA DINNER & KIRTAN CHANTING TREATMENT DAY	29 NURU RETREAT TRAIL RUNNING COMPOSTING WORKSHOP TALK: THE POWER OF EMOTION CRAIG WARREN TREATMENT DAY	30 NURU RETREAT TRAIL RUNNING CONSCIOUS COOKING IN THE BOMA TREATMENT DAY
31 WORK IN NATURE						