

Tentative Schedule: Activities listed below will generally take place in the morning with open afternoon time for sit spots, reflection portfolio, reading, and just being. Group reflection sessions will take place each day. This schedule will be finalized and updated before the trip begins.

Date	Activity	Reading for daily discussion: Themes in bold
June 25 Saturday	Travel to San Jose Costa Rica from US	
June 26 Sunday	Travel to Rancho Mastatal site orientation and talk/tour settle in	Getting started Group norms, key questions
June 27 Monday	Permaculture tour/workshop on site. Led by RM educators	Deepening our roots: body, mind, and spirit <i>Entering the Bardo</i> - Joanna Macy https://emergencemagazine.org/op_ed/entering-the-bardo/ <i>Unraveling</i> - Terry Tempest Williams https://emergencemagazine.org/op_ed/unraveling/
June 28 Tuesday	Guided forest hike & swimming at and near Rancho Mastatal- learn about birds, sloths, trees, medicinal plants	Earth as Teacher and guide (deep ecology) <i>The serviceberry: An economy of abundance</i> -Robin Wall Kimmerer https://emergencemagazine.org/essay/the-serviceberry/ <i>How the wonder of nature can inspire social justice activism</i> - Adrienne Marie Brown https://www.yesmagazine.org/social-justice/2018/02/01/how-the-wonder-of-nature-can-inspire-social-justice-activism
June 29 Wednesday	Visit to KIS Medicinals-plant walk and make your own herbal products workshop	Healing ourselves and the earth <i>A song of the first day: Dreaming a new story into existence</i> - Llewellen Vaughan-Lee https://workingwithoneness.org/articles/a-song-of-the-first-day/ <i>By reconnecting with soil, we heal the planet and ourselves</i> - Leah Penniman https://www.yesmagazine.org/issue/dirt/2019/02/14/by-reconnecting-with-soil-we-heal-the-planet-and-ourselves
June 30 Thursday	Workshop on site (Natural building?) Led by RM educators	Slowing down and listening <i>Listening for silence</i> - Adam Loftin & Emmanuel Vaughan-Lee https://emergencemagazine.org/practice/listening-for-silence/ <i>Listen: Four love songs</i> - Kathleen Dean Moore https://emergencemagazine.org/op_ed/listen-four-love-songs/

July 1 Friday	La Iguana Chocolate tour- locally owned and operated cacao farm and chocolate making facility	The magic of interconnection <i>The ecology of perception: An interview with David Abram</i> https://emergencemagazine.org/interview/the-ecology-of-perception/ TBA
July 2 Saturday	Workshop on site (?Fermentation) Led by RM educators	Relationships and resiliency <i>Fermentation as metaphor: An interview with Sandor Katz</i> https://emergencemagazine.org/interview/fermentation-as-metaphor/ TBA <i>The transformative effects of mindful self compassion- Kristin Neff and Christopher Germer</i> https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/
July 3 Sunday	Forest therapy walk, swimming (Led by Heather)	Synthesis and reflection
July 4 Monday	Final synthesis creative presentations (Led by Heather) Depart for San Jose after noon- dinner and stay the night in San Jose together	Synthesis and creation Final synthesis creative presentations and closure
July 5 Tuesday	Travel back to U.S. or on to other travel	