

Date	Location	Theme	Activity	Discussion
Day 1 Monday	Garland Park	Orienting	Walking meditation. Collective Poem "As we start out...: A how-to for self-care check in & share	Buddy Q "What makes you feel in/out of a group?". Group agreements using Relational Therapy. Rites of Passage Overview
Day 2 Wednesday	Asilomar Beach	Intention	Solo Question Walk on the beach. Build a fire.	Buddy Q "What do I need to leave behind in order to step into the new?". Rites of Passage Stages: Severance, Threshold, Incorporation
Workshop Day Saturday	Khan Ranch Park	Curiosity & Creativity	State intention for Rites of Passage ceremony. Found object group mandala	Emilie Luggren will be leading this workshop. Please see 'Us' page for bio
Day 3 Monday	Palo Corona Park	Curiosity & Trust	Empathy & attention. Finding community. Kinship with nature The Human Camera buddy exercise snap-shot of visual, tactile, and olfactory. A-frame trust exercise. Wind in the Willows exercise	"Important facts about me (attributes/ accomplishments)"; Curiosity, an ally. What experiences do you want to give yourself?; What makes a good friend?; Humanistic Therapy
Day 4 Wednesday	River Beach	Self Trust	Yoga on the beach; Inner child walk. Holding Council with talking piece	Buddy Q "What challenges/tasks do you have presently?"; Inner child discovery. Life purpose connection to child dreams
Day 5 Monday	Jack's Peak	Insight	Hike to off-trail spot. Embodiment/ mirroring buddy exercise. Core Self circle step-in	Buddy Q "Emerging self- future aspirations"; Internal Family Systems Therapy. parts work. What parts make up the whole
Day 6 Wednesday	Garland Park	Creativity & Ingenuity	Blind Conture Drawings. Forest wandering musings. 1st Develop Relationship to Place	Buddy Q "What are your frustrations currently?"; Ideas as honorable visitors. Share past ingenious ideas & track new ones. Relational and Wilderness Therapy
Day 7 Monday	Marina Beach	Body Confidence	1st Self-Expression Exposure Exercise. Practice non-aesthetic greetings & compliments. Share recorded ideas from last week through Art Therapy	"What are your vital sources of energy/what you love?"; Cultural literacy discussion on aesthetics. Reclaiming Beauty writing prompt. Cognitive Behavioral Therapy/Thought Work
Day 8 Wednesday	Del Monte Forest	Body Confidence	VIA Values insight exercise. Make 20 neutral statements about body to improve body image	Buddy Q "How have you had inner resistance in the past?"; Explore messages have received about body's morality, capability, ect. Worthiness prompts
Workshop Day Saturday	Santa Cruz	Body Confidence & Expression	Activating intuitive improvisational neural networks. Ecstatic dance form	Daniel Molner will be leading this workshop. Please visit https://www.danielmolner.com/ for more details
Day 9 Monday	Point Lobos	Mindfulness & Land Literacy	Mindfulness prompts hike. How to listen to the body without judgment	Buddy Q "What new aspects of your Self have you noticed recently?"; Esselen youth leader quest. Land literacy
Day 10 Wednesday	Monterey Beach	Identity	Zen activity "Who are you?"; Compliment battle. 2nd Self- Expression Exposure Exercise	Buddy Q "What are your community's hopes for your future?"; Pitfalls of perfectionism. Thought work. Dialectical Behavior Therapy
Day 11 Monday	Asilomar Beach	Nourishment	Mindful eating beach picnic. 3rd Self-Expression Exposure Exercise	Buddy Q "What are you doing as seen from above (in a helicopter)?"; Intuitive Eating concepts. Cravings insight & correlation to emotional hunger
Day 12 Wednesday	Garland Park	Relationships & Boundaries	Perspective exercise. Personal bubble- physical boundary. Practice verbal boundaries. 2nd Develop Relationship to Place	Buddy Q "Collective community helicopter: what would others say you are doing?"; Conflict resolution skills. How to generate a state of gratitude & abundance mentality
Day 13 Monday	Palo Corona Park	Emotional Regulation	Mindfulness scavenger hunt hike. Grounding exercises practice. Mindfulness training	ng back on your whole life, what will be your footprint on the world?"; Emotions as sensations tutorial. ACT & DBT therapeutic psychoeducation on nervous system hyper/hypoparousal
Day 14 Wednesday	Carmel Beach	Emotion Expression	Anger Insight & Expressive Exercise. Releasing old beliefs about anger	Buddy Q "What would your future self say to help you?"; Group discussion about relationship with anger. Underlying grief, shame, or fear
Workshop Day Saturday	State Park (subject)	Confidence & Power	Building confidence through kineshetic development and trust	Kelly Goldberg will be leading this workshop. Please see 'Us' page for bio. Kelly Goldberg will be leading this workshop. Please see 'Us' page for bio
Day 15 Monday	River Beach/Robena	Universal Needs	Nature insight walk on reliance. Circle step-in to identify needs. 4th Self-Expression Exposure Exercise	What is your intention for the next 3-5 years?"; Universal needs psychoeducation. How to identify and express needs. Making requests. Managing expectations with positive psychology
Day 16 Wednesday	Carmel Meadows	Communication Skills	Family Constellation activity. Practice accepting compliments through Human Connection 'Repeat' Meisner exercise	"What do you need to shed to make your 3-5 year intention come true?"; Non-Violent Communication training. Responsibility for emotions. Awareness of triggers to reaction
Day 17 Monday	Garland Park	Identity	Nature insight walk on death to life. Metta meditation practice. 3rd Develop Relationship to Place	Buddy Q "What is to be celebrated?"; Existentialism therapy. Upcoming ceremony discussion & preparation
Day 18 Wednesday	Monastery Beach	How to Grieve	Solo communication with nature meditation. Collective grieving stick exercise	Buddy Q "What needs to be fully grieved?"; How to make space for sadness. Stages of grief. Family/Cultural ties to grieving process. Self-care when feeling down
Workshop Day Saturday	Big Sur	Resiliency & Self-Sufficiency	Primitive skills: foraging, cooking over fire, shelter building, water purification	
Day 19 Monday	Palo Corona Park	Spirituality Development	Hike to Inspiration Point. Share the technology of centering oneself. Introduce 'Earthing'	Buddy Q "Who are your core helpers and partners for the future?"; Ecopsychology discourse. Spirituality: a belief system which supports you
Day 20 Wednesday	Garland Park	Reflections	4th Develop Relationship to Place. Council reflection circle. Guided visualization meditation	Buddy Q "What are you ready for to come in?"; Goal setting remaining in contact w/the journey. Honoring change in the seasons/phases
Rites of Passage Saturday- Sunday		Transition into Adulthood	Enacting personally relevant ceremony around intention. Solo camping night (w/safety measures)	Monny de Groot and Amanda Cheyenne Weston will be leading this Rites of Passage. Please see 'Us' page for bio
Day- Parents Welcome	River Beach	Bringing Gifts Back	Sharing gifts brought back from solo time on the land. Crossing Over into Adulthood ceremony w/parents	All staff will be welcome to attend to honor the culmination of growth experienced throughout the journey