

Welcome



Meditation in Motion

G25030407

with Laurie Magoon

March 23-29, 2025

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 yoga, and a little yoga dance – 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: 6:45 – 7:15 pm ish TBA

Program – 7:30 – 8:30 pm RELAXATION

*Our daily schedule will be 9:00 am – 12noon and 3:30 pm – 5:30 pm

*Weather dependent our schedule may vary – evening session 7:15 pm – 8:15 pm possible

WHAT TO BRING:

- Casual wear, rain gear, layers for waterfront, 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 (contact@lauriemagoon.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

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ITINERARY

Sunday, March 23

| | |
|----------------|---|
| 3:00-5:00 pm | Check In – Welcome Center/Headquarters |
| 5:30 – 6:30 pm | Dinner *Wear comfortable clothes for relaxation |
| 6:30 pm | Ranch Orientation – Dining Hall |
| 7:15 pm | Laurie’s Welcome and Yoga Nidra (Relaxation) YURT |

Monday, March 24

| | |
|-----------------|--|
| 7:00 am | Yoga (Optional) YURT |
| 7:30 – 8:30 am | Breakfast |
| 9:00 am | Hike – Piedra Lumbre Hike – Meet at Headquarters |
| 12:00 – 1:00 pm | Lunch |
| 3:00 pm | Meditation Sampler & The Daily Report |
| 5:30 – 6:30 pm | Dinner |

Tuesday, March 25

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|---|-------------------------------------|
| 7:30 – 8:30 AM | Breakfast |
| 9:30 am | Gentle Yoga - Yurt |
| Labyrinth - Walking Meditation & Nature Bathing | |
| 12:00 – 1:00 pm | Lunch |
| 3:00 pm | Perspective Exercise & Daily Report |
| 5:30 – 6:30 pm | Dinner |

Wednesday, March 26

| | |
|----------------|----------------------|
| 7:00 am | Yoga (Optional) Yurt |
| 7:30 – 8:30 am | Breakfast |

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|-----------------|--|
| 9:00 am | Hike – TBA |
| 12:00 – 1:00 pm | Lunch |
| 3:00 pm | The Power of Ritual & The Daily Report |
| 5:30 – 6:30 pm | Dinner |

Thursday, March 27

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|-----------------|---|
| 7:00 am | Coffee & Intentions/Prayers – Outside Dining Hall |
| 7:30 – 8:30 am | Breakfast |
| 9:30 am | Wellness Small Group “Soul Work” |
| 12:00 – 1:00 pm | Lunch |
| 3:00 pm | Wellness Plans/The Daily Report/Angel Walk |
| 5:30 – 6:30 pm | Dinner |

Friday, March 28

| | |
|-----------------|-----------------------------|
| 7:00 am | Yoga (optional) |
| 7:30 – 8:30 am | Breakfast |
| 9:30 am | Mindful Practices – Choices |
| 12:00 – 1:00 pm | Lunch |
| 3:00 pm | Closing Rituals |
| 5:30 – 6:30 pm | Dinner |
| 7:30 | Celebration/Party |

Saturday, March 29

| | |
|----------------|-----------|
| 7:30 – 8:30 am | Breakfast |
| 10:00 am | Check Out |

***Schedule may vary due to weather conditions