

Fellow's Weekly Schedule Example

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
MORNING							
7am	Morning Practice						
7:30am	Chores						
8:15-9am	Breakfast and Cleanup						
9-12:15pm	10am outdoor yoga	Herbs with Maddie	Garden & Tea House Flowers	Work with Nathan	Regenerative Agriculture	Farm Projects	Free Time
12:30-1:30pm	Lunch and Cleanup			Farm Lunch and Cleanup	Lunch and Cleanup		
AFTERNOON							
1:30-6pm	Free Time	2pm Circle Meeting	Free Time	Free Time	Workshop	2pm Circle Meeting	Free Time
6-7pm	Dinner and Cleanup						
EVENING							
7-9pm	Optional Event	Elder's Circle	Free Time	Inploration with Simon	Spiritual Ecology/ Compassionate Communication	Tea House Free Music (Optional)	Tea House Free Music (Optional)