



Sample Daily Schedule

Mindful Outdoor Guide Certification

6:30–8:00 am	<i>Nature Meditation and Journaling</i>
8:00–9:00	<i>Silent Breakfast</i>
9:00 am–12:00 pm	Council Practice and Fieldwork
12:00–2:00 pm	<i>Lunch</i>
2:00–6:00	<i>Fieldwork</i>
6:00–7:30	<i>Dinner</i>
7:30–9:00	<i>Council Fire (2–3 evenings per training)</i>

Please note Programs begin at 7:00 pm on opening night and end by noon on the final day. There are no full days off in the programs formatted as two 12-day sessions. The above schedule is subject to change.

[View the Kripalu Guest Guide.](#)