

Elevate Daily Schedule

Heart-J Center for Experiential Learning 

Time	Activity
9:15- 9:30 AM	Arrive at Heart-J Center
9:30 - 10:00 AM	Opening Circle We will gather in circle for introductions and a brief orientation to the land. There will be a simple icebreaker to help everyone feel comfortable, followed by setting intentions for the day. This is a time to pause, breathe, and consider what you hope to receive from the experience whether that is rest, restoration, connection, or practical tools to support your mental health.
10:00 - 10:30 AM	Therapist Introduction The therapist will introduce themselves, share mental health resources, provide an overview of the field guide, and discuss different options for mental health care.
10:30 AM - 12:00 PM	Morning Wellness Sessions You will spend the morning with two practitioners, each offering a different wellness experience. These sessions are skill based and focus on strengthening your relationship with yourself, with others, and with the natural world around you. Activities are tailored to the specific group and may focus on themes such as stress relief, burnout support, team connection, or building practical mental health skills. Past sessions have included breathwork, sound journeys, mindful movement, body scans, guided walks, meditation, creative writing, art, and interactive group activities.

12:00 - 12:30 PM	Lunch Please bring your own lunch. A refillable water station will be provided, please bring a water bottle.
12:30-2:00 PM	Afternoon Wellness Sessions The afternoon continues with two additional practitioner led sessions. These experiences build on the morning and offer more opportunities to slow down, reflect, and practice skills you can carry with you beyond the day. Think of it as a guided mental health day bathed in nature.
2:00 - 2:30 PM	Closing Circle We will wrap up the day and end with a closing gratitude tunnel.

