

## Sample Daily Schedule, Navajo Nation Songwriting Retreat

7-8 a.m.: breakfast (catered)

8-9 a.m.: morning yoga class

9-10 a.m.: free time

10-11 a.m.: Morning Song Circle: discussion of the elements of song, writing exercises, daily prompt and pairings announced

**11-5:** co-writing with songwriting partners (instructors will circulate to check in on your process, offer advice and brainstorm if you're stuck): walks, naps, singing lessons with Meredith, explore the ranch and Carson Mesa

12-1: lunch (catered)

3-4: Showers available in main house via sign up sheet: four people/day

5-6: dinner (catered)

7-8:30: evening song circle: perform songs from that day's co-write and offer feedback on others' songs

9-onwards: optional nightly song circles around the bonfire

NB: Friday includes an optional hike in Canyon De Chelly National Monument and visit to the Chinle Flea Market.

Saturday evening (7/10) is the final concert offered to Many Farms community members, family members and friends.