

A Typical Day at Yunasa

| Time | Activity |
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| 7:30 a.m. | Rise and Shine |
| 8:00 a.m. | Call in Directions |
| 8:10 a.m. | Breakfast |
| 9:05 a.m. | Psychosynthesis (Guided meditation) |
| 10:30 a.m. | Elder Chat |
| 11:00 a.m. | Yoga |
| 11:30 a.m. | Lunch |
| 12:00 p.m. | Free Time |
| 1:00 p.m. | Camper Options: e.g., Horseback Riding, Canoeing, Archery, Zipline, Fishing, High and Low Ropes |
| 2:15 p.m. | Workshops with Fellows: e.g., Rube Goldberg, Line Dancing, Emotional Life of the Brain, Advanced Psychosynthesis, Literary Archetypes, Music Appreciation |
| 3:30 p.m. | Workshops with Counselors: e.g., Nature Walk, Writing, Outdoor Sports, Board Games |
| 5:00 p.m. | Dinner |
| 5:45 p.m. | Workshops with Fellows |
| 7:00 p.m. | All-Camp Evening Activity: e.g. Opening Ceremony, Campfire, Social, Movie Night, Closing Ceremony |
| 9:30 p.m. | Lights Out |