



# The Ancestral Watch Sample Itinerary

We look forward to welcoming you to The Ancestral Path program at 1440 Multiversity on July 10-12, 2026! Below you will find a sample schedule of programming. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email [inquiries@1440.org](mailto:inquiries@1440.org) with any questions you may have.

THREE-DAY ANCESTRAL WATCH CURRICULUM		
	TIME	AGENDA
<b>FRIDAY</b> 7/10	2:00 – 5:00 p.m.	Arrivals, Registration & Guestroom Check-In (Lodge Lounge)
	5:30 – 6:45 p.m.	Dinner (Kitchen Table)
	6:45 – 7:00 p.m.	1440 Welcome to Attendees
	7:00 – 8:30 p.m.	Opening the Circle: Stone Breath; Gratitude Session; Ancestral Council; The Centering
	8:30-10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
<b>SATURDAY</b> 7/11	7:15 – 8:00 a.m.	Morning Signature Class: Movement as Medicine
	7:30 – 9:00 a.m.	Breakfast (Kitchen Table)
	9:15 – 9:30 a.m.	Elements Ritual
	9:30 – 10:30 a.m.	The Canyon Exercise: Crucible Session
	11:00 – 11:45 a.m.	Museum of Proof: Resilience Session
	12:00 – 1:00 p.m.	Lunch (Kitchen Table)
	2:00 – 3:00 p.m.	Afternoon Signature Class: Movement as Medicine
	5:30 – 7:00 p.m.	Dinner (Kitchen Table)
	7:00 – 10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
	7:30 – 8:30 p.m.	Evening Signature Class – Sound Healing
<b>SUNDAY</b> 7/12	7:15 – 8:00 a.m.	Morning Signature Class: Movement as Medicine
	7:30 – 9:00 a.m.	Breakfast (Kitchen Table)
	9:30 – 11:00 a.m.	Headlamp Circle: Community Session
	11:00 a.m. – 12:00 p.m.	Boxed Lunches, Checkouts & Departures

