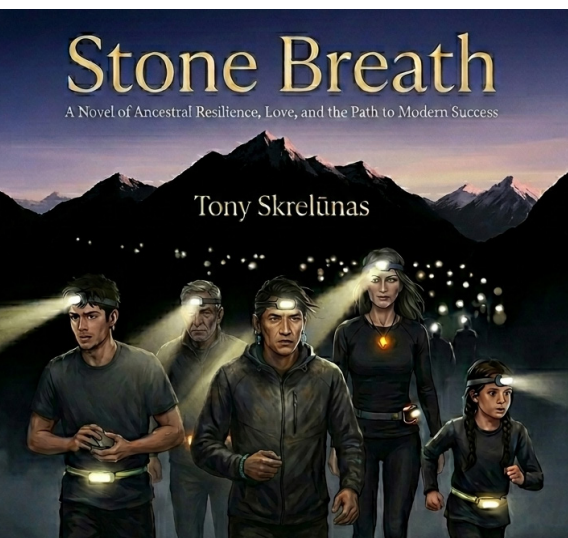




The Canyon Within Sample Itinerary

We look forward to welcoming you to The Canyon Within program at 1440 Multiversity on Aug. 28-30, 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 with any questions you may have.

THREE-DAY CURRICULUM OVERVIEW		
	TIME	AGENDA
FRIDAY 8/28	2:00 — 4:00 p.m.	Arrivals, Registration & Guestroom Check-In (Lodge Lounge)
	4:00 — 5:30 p.m.	Welcome, Land Acknowledgement & Opening Circle Session
	5:30 — 7:00 p.m.	Dinner (Kitchen Table)
	8:30 — 9:30 p.m.	Fireside Storytelling Session
	8:30-10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
SATURDAY 8/29	7:30 — 9:00 a.m.	Breakfast (Kitchen Table)
	9:30 — 10:30 a.m.	Morning Signature Class: Movement as Medicine
	11:00 a.m. — 12:00 p.m.	Journaling Session
	12:00 — 1:00 p.m.	Lunch (Kitchen Table)
	1:30 — 2:30 p.m.	The Descent Session
	3:30 — 5:00 p.m.	The Ancestral Kitchen Hands-On Workshop
	5:30 — 7:00 p.m.	Dinner (Kitchen Table)
	7:30 — 8:30 p.m.	Shared Songs & Stories Session
	8:30 — 10:00 p.m.	Self-Reflection Time at Fire Pits (Common Grounds Patio)
SUNDAY 8/30	7:00 — 7:45 a.m.	Morning Signature Class: Movement as Medicine
	7:30 — 9:00 a.m.	Breakfast (Kitchen Table)
	10:00 a.m. — 12:00 p.m.	Embody, Activate & Carry Home Session
	12:00 p.m.	Boxed Lunches, Checkouts & Departures

