



The Field Trip Sample Itinerary

We look forward to welcoming you to The Field Trip program at 1440 Multiversity on July 31-August 2, 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		
	TIME	AGENDA
FRIDAY 7/31	2:00 – 4:00 p.m.	Arrivals and Registration (Lodge Lounge)
	3:00 – 3:45 p.m.	Afternoon Signature Class: Movement as Medicine
	4:00-5:30 p.m.	Faculty-Led Opening Circle: Welcome to The Field Trip
	5:30 – 6:30 p.m.	Dinner (Kitchen Table)
	7:00 – 10:00 p.m.	Self-Reflection & Discussions at Common Grounds Fire Pits
SATURDAY 8/1	7:00 – 7:45 a.m.	Morning Signature Class: Movement as Medicine
	7:30 – 9:00 a.m.	Breakfast (Kitchen Table)
	9:00 a.m. – 12:00 p.m.	Faculty-Led Circle Session: Reclaiming What Fits
	12:00 – 1:30 p.m.	Lunch (Kitchen Table)
	1:30 – 3:00 p.m.	Session Breakouts
	3:00 – 5:30 p.m.	Optional 1:1 Sessions
	3:45 – 4:30 p.m.	Afternoon Signature Class: Movement as Medicine
	5:30 – 7:00 p.m.	Dinner (Kitchen Table)
	7:30 – 8:30 p.m.	Evening Signature Class – Sound Healing
8:30 – 10:00 p.m.	Self-Reflection & Discussions at Common Grounds Fire Pits	
SUNDAY 8/2	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.	Play as Medicine, Not a Reward
	12:00 – 12:45 p.m.	Lunch (Kitchen Table)
	1:00 – 2:30 p.m.	The 30-Day Field Trip Home
	2:30 – 3:00 p.m.	Closing Circle: Reflections
	3:00 p.m.	Checkout & Departures