

# Global Creek Work-Exchange Schedule

## Breakfast

Served Monday-Saturday following morning Yoga/Meditation  
Sunday at **9:30am**  
*with Morning Project Roundtable*

## Lunch

Monday-Friday at **1:00pm**

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## Monday

7:30 - 8:00 – Group Meditation  
8:30 - 9:15 – Weekly Goals Meeting  
7:00 – Bonfire Sit-around

## Tuesday\*

7:00 - 8:00 – Yoga  
6:00 – Guided Meditation / Discussion (*optional*)

## Wednesday\*

7:30 - 8:00 – Group Meditation  
9:00 - 1:00 – Group Grounds Projects  
2:30 – Ecological Learning Workshop

## Thursday

7:00 - 8:00 – Yoga  
7:00 – Bonfire Sit-around

## Friday

7:30 - 8:00 – Group Meditation

## Saturday

9:00 - 9:30 – Group Meditation  
10:15 - 11:00 – Volunteer House Clean-Up  
12:30 – Community Outreach Day

\* *Community Environmental-Learning and Sustainability Days*