



An overview of the typical camp day:

7:00am - 7:45am	Yoga on the Lawn
8:00am – 9:00am	Breakfast in the Dining Commons
9:00am – 11:30am	Presentations, Demonstrations, Activities, and Panels
11:30am – 1:00pm	Lunch in the Dining Commons <i>optional: appointments with Admissions/Financial Aid representatives</i>
1:00pm – 5:00pm	Presentations, Demonstrations, Activities, and Panels
5:00pm – 6:00pm	Dinner in the Dining Commons
6:30pm – 8:30pm	Evening Activities, Demonstrations, and Presentations

Previous presentations, demonstrations, activities, and panels:

- Making Historical Botanical Elixirs
- The Miraculous Body
- Panel of Bastyr Alumni: Career Pathways in Naturopathic Medicine
- Hydrotherapy Practice and Experience
- Comparative World Medicine and Constitutional Analysis
- The Physiology of Stress
- Treating the Whole Person: The Mind-Body Connection
- Diversity, Equity, and Inclusion in Naturopathic Medicine
- Physical Medicine Demonstration and Lab
- Tour of Bastyr's Gardens and Greenhouse
- How to Hack ND School
- Mindfulness-Based Stress Reduction
- Doctor as Teacher
- Food as Medicine
- Case Studies
- Tai Chi

