

	Mon - 03	Tue - 04	Wed - 05	Thur - 06	Fri - 07	Sat - 08	Sun - 09
07:00 - 07:30	Morning Meditation (CH)						Self-guided Practice
07:30 - 09:00	Breakfast End of noble silence						
08:30 - 09:00	Morning Community Gathering (CH) *						
09:30 - 10:00	Intro to New Life Community Living (WR) *						
09:30 - 10:30	Mindful Fitness (WH)	Body Flow (CH)	Pilates (WH)	Yin Yang Yoga (CH)	Functional Foundation(WH)	10:00 - 16:30 Hike to Devil's Horn (FO)	
09:30 - 12:30		Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*			
10:30 - 11:00	Mindfulness Practice (WR)	10:45-11:45 Mindfulness Practice (WR)	Mindfulness Practice (WR)	Mindfulness Practice(WR)	10:45-11:15 Mindfulness Practice(WR)		
11:30 - 12:30	Intro to Meditation (CH)	QiGong (CH)	11:00-12:30 Breathwork (WH)	Transitions (CH) **	Anatomy of Happiness (CH)		
12:00 - 13:30	Lunch						
13:30 - 14:00	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (WR) *	Meditation (CH) *
14:30 - 16:00	Intro to the Theme of the Week (CH)	Intro to Mindfulness (CH)	Living with Awareness (CH)	13:30 - 17:30 Visit Burel Factory (FO)	Process Group (CH) **	Detoxing & Relaxing our Body, Mind & Heart (WH) *	Wildflowers Arrangements (LO) *
16:30 - 17:30	Dance (CH)	Yoga Vinyasa (CH)	Yoga (CH)		Art-Therapy (CH)		
18:00 - 19:30	Dinner						
19:15 - 20:15	Poetry Gathering (LO) *	Embodied Understanding (CH)	Mantra Yoga (CH)	Shared Humanity Circle (CH) **	Yoga Nidra (CH)	Fire Pit & Cacao (FP) *	Movie Night (LO) *
21:30	Rest & Noble Silence						

ALL INCLUDED FOR THERAPEUTIC PATHWAYS PARTICIPANTS

* Open to "Just Be Here"
 ** Specific for Therapeutic Pathways