

	Mon - 10	Tue - 11	Wed - 12	Thur - 13	Fri - 14	Sat - 15	Sun - 16
07:00 - 07:30	Morning Meditation (CH)						Self-guided Practice
<b>07:30 - 09:00</b>	<b>Breakfast   End of noble silence</b>						
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)	Yoga Flow (CH)	QiGong (CH)	Functional Foundation (WH)	Mindful Fitness (WH)	<b>10:00 - 16:30</b> Hike to Passadiços do Pereiro (FO)	
10:30 - 11:30		Spring sowings (LO)*	Creating postcards (LO)*	Walk and Talk (LO)*			
10:30 - 11:00	Mindfulness Practice (WR)	Mindfulness Practice (WR)	Mindfulness Practice (WR)	<b>10:45 - 11:15</b> Mindfulness Practice(WR)	<b>10:45-11:15</b> Mindfulness Practice(WR)		
11:30 - 12:30	Intro to Meditation (CH)	<b>11:00 - 12:30</b> Breathwork (CH)	Transitions (CH)**	Anatomy of Happiness (CH)	Pilates (WH)		
<b>12:00 - 13:30</b>	<b>Lunch</b>						
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)	<b>13:30 - 17:30</b> Cultural Tour to Melo (FO)	Process Group (CH) **	Detoxing & Relaxing our Body, Mind & Heart (WH)*	Wildflowers Arrangements (LO)*
16:30 - 17:30	Yoga Vinyasa (CH)	Dance (CH)	Restorative Yoga (CH)		QiGong (CH)		
<b>18:00 - 19:30</b>	<b>Dinner</b>						
19:30 - 20:30	Yoga Nidra (CH)	Games Night (LO)*	Art-Therapy (CH)	Shared Humanity Circle (CH) **	Embodied Understanding (CH)	Fire Pit & Cacao (FP)*	Movie Night (LO)*
<b>21:30</b>	<b>Rest &amp; Noble Silence</b>						

**ALL INCLUDED FOR THERAPEUTIC PATHWAYS PARTICIPANTS**

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