

Friday

4 - 6 PM - Arrival time

6 - 7 PM - Dinner

7 - 9:15 PM - Opening group session

Saturday

7 - 8 AM - Free time

8 - 9 AM - Breakfast

9:15 -12:30 PM - Check-in -experiential group therapy

12:30 - 2 PM - Free time/Lunch

2 - 6 PM Group process - Breathwork

6 PM - 7 PM - Dinner

7 - 9 PM - Free time

Sunday

8-9 AM - Breakfast

9 - 11:30 AM - Experiential meditation/outdoor process and closing circle/closing

11:30 - 1 PM - Free time (rooms have to be cleared by 1 PM)

1 PM - 3 PM - Free time (have to be off property by 3 PM)