

## Sample Schedule

6:30 - Yoga Session to get your body moving

7:00 - Breakfast

8:00 - Group Discussion

9:00 - Individual Counselor Sessions, Small Groups and  
Downtime

12:00 - Lunch

1:00 - Individual Counselor Sessions, Small Groups and  
Downtime

4:00 - Yoga, Group Discussion

6:00 - Dinner

7:00 - Group Downtime

8:00 - Firepit

9:30 - Yoga Nidra Session