

		Thursday, Sep 26th		Friday, Sep 27th		Saturday, Sep 28th		Sunday, Sep 29th	
		6.30a	Guided Meditation	6.30a	Guided Meditation	6.30a	Guided Meditation	6.30a	Guided Meditation
		7.30a	Breakfast	7.30a	Breakfast	7.30a	Breakfast	7.30a	Breakfast
		8a	Group Session	8a	Group Session	8a	Group Session	8a	Final Exercise
		11a	Walk	11a	Walk	11a	Walk	9a	Wrap up Session
		12	Lunch	12	Lunch	12	Lunch	10a	Farewell
		2p - 4p	Group Session	2p - 4p	Group Session	2p - 4p	Group Session		
5.30p	Welcome Dinner	5.30 p	Dinner	5.30 p	Dinner	5.30 p	Dinner		
7.30p	Welcome Session	7.30 p	Guided Meditation	7.30 p	Guided Meditation	7.30 p	Guided Meditation		