



Sample Daily Schedules

These schedule times are only examples and can be adjusted to accommodate your program.

Sample *Full* Daily Schedule w/3 meals

6:00am: Coffee/tea available
7:00am: Program Classes
9:00am: Continental Breakfast
10:00am: Program Classes
12:00pm: Lunch
1:00pm: Hike
Free Time for relaxation, reflection, massage, exploration & excursions
3:00pm: Program Classes
6:00pm: Dinner
7:00pm: Evening Program
8:30pm: End for the day. Free Time & Lights out

Sample *Relaxed* Daily Schedule w/3 meals

6:00am: Coffee/tea available
8:00am: Program Classes
9:00am: Continental Breakfast
10:00am: Program Classes
12:00pm: Lunch
1:00pm: Hike
Free Time for relaxation, reflection, massage, exploration & excursions
4:30pm: Program Classes
6:00pm: Dinner
7:00pm: End for the day. Free Time & Lights out