



Weekly Schedule 22 Apr - 28 Apr
Theme of the Week: Everyday Mindfulness

FO: Front office **LO:** Lounge **WH:** Wellness Hall
CH: Contemplative Hall **DH:** Dining Hall **WR:** Wellness Room

	Mon - 22	Tue - 23	Wed - 24	Thur - 25	Fri - 26	Sat - 27	Sun - 28
07:00 - 07:30	Morning Meditation (CH)						Self-guided Practice
07:30 - 09:00	Breakfast End of noble silence						
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 (CH)	Mindful Fitness (WH)	Yogalates (CH)	Functional Foundation (WH)	10:00 - 16:30 Hike to Capela de S. Lourenço (FO)	10:00 - 12:00 Veredas da Estrela (LO) *
09:30 - 12:30	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*		
10:30 - 11:00	Mindfulness Practice(WR)	Mindfulness Practice(WR)	Mindfulness Practice(WR)	Mindfulness Practice(WR)	Mindfulness Practice(WR)		
11:30 - 12:30	Intro to Meditation (CH)	Breathwork (CH)	QiGong (CH)	Journaling (CH)	Chair Yoga (CH)		
12:00 - 13:30	Lunch						
13:30 - 14:00	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (CH)*	Meditation (CH)*	Meditation (CH)*	Meditation (CH)*
14:30 - 16:00	Intro to the Theme of the Week (CH)	Intro to Mindfulness (CH)	Living With Awareness (CH)	13:00 - 16:00 Tour to Gouveia (FO)	Process Group (CH) **	Walking Meditation (LO) *	Poetry (LO) *
16:30 - 17:30	Yoga Vinyasa (CH)	Anatomy of Happiness (CH)	Dance (CH)	Transitions (CH) **	Pilates (WH)		
18:00 - 19:30	Dinner						
19:15 - 20:15	Mantra Yoga (CH)	Shared Humanity Circle (CH) **	Embodied Understanding (CH)	Games Night (LO) *	Yoga Nidra (CH)	Fire Pit and Cacao (FP) *	Movie Night (LO)*
21:30	Rest & Noble Silence						

ALL INCLUDED FOR PROGRAM PARTICIPANTS

* Open to "Just Be Here"
 ** Specific for R&D | R&R | R&H Program Participants