

	Mon - 29	Tue - 30	Wed - 01	Thur - 02	Fri - 03	Sat - 04	Sun - 05
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)	Pilates (CH)	Body Flow (CH)	Yoga (WH)	Functional Foundation (WH)	10:00 - 16:30 Hike to Linhares da Beira (FO)	10:00 - 12:30 Nature Discovering *
09:30 - 12:30	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*	Nature Activities (LO)*		
10:30 - 11:00	10:45-11:15 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)	Journaling (CH)	Transitions (CH) **	Living with Awareness (CH)		
12:00 - 13:30	Lunch						
13:30 - 14:00	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (CH) *	Meditation (WR) *	Meditation (WR) *
14:30 - 16:00	Intro to the Theme of the Week (CH)	Intro to Mindfulness (CH)	Anatomy of Happiness (CH)	13:30 - 16:00 Visit to CISE (FO)	Process Group (CH) **	Community Activity *	Community Activity *
16:30 - 17:30	QiGong (CH)	Dance (CH)	Restorative Yoga (CH)	Pilates (WH)	Art-Therapy (CH)		
18:00 - 19:30	Dinner						
19:15 - 20:15	Embodied Understanding (CH)	Games Night (LO) *	Mantra Yoga (CH)	Poetry Gathering (LO) *	Yoga Nidra (CH)	Fire Pit and Cacao (FP) *	Movie Night (LO) *
21:30	Rest & Noble Silence						

**ALL INCLUDED FOR THERAPEUTIC PATHWAYS PARTICIPANTS**

\* Open to "Just Be Here"  
 \*\* Specific for Therapeutic Pathways