

	Mon - 06	Tue - 07	Wed - 08	Thur - 09	Fri - 10	Sat - 11	Sun - 12
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)	Breathwork (WH)	Body Flow (CH)	Yoga (WH)	Functional Foundation (WH)	10:00 - 16:30 Hike to Penhas Douradas (FO)	10:00 - 12:30 Treasure Hunt (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)	QiGong (CH)	Transitions (CH) **	Anatomy of Happiness (CH)	Journaling (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)	Living with Awareness (CH)	13:30 - 16:00 Cultural Tour (FO)	Process Group (CH) **	Community Activity *	Community Activity *
16:30 - 17:30	Yoga Vinyasa (CH)	Dance (CH)	Yoga (CH)	Restorative Yoga (CH)	Art-Therapy (CH)		
18:00 - 19:30	Dinner						
19:15 - 20:15	Body Awareness (CH)	Games Night (LO) *	Embodied Understanding (CH)	Yoga Nidra (CH)	Mantra 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