

	Mon - 13	Tue - 14	Wed - 15	Thur - 16	Fri - 17	Sat - 18	Sun - 19
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	Pilates (WH)	9:30 - 11:00 Breathwork (WH)	Mindful Fitness (WH)	Functional Foundation(WH)	Body Flow (CH)	10:00 - 16:30 Hike to Passadiços do Pereiro (FO)	10:00 - 12:30 Inauguration of walking trail (interpretive walk with Veredas da Estrela, CERVAS and CISE) (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)	10:45-11:15 Mindfulness Practice(WR)		
11:30 - 12:30	Intro to Meditation (CH)	Yin Yang Yoga (CH)	Transitions (CH) **	QIGong (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 - 17:30 Visit to Burel Factory (FO)	Process Group (CH) **	Walking Meditation (CH)*	Relaxing and Detoxing through the Five Tibetan Rites (WH) *
16:30 - 17:30	Yoga Vinyasa (CH)	Dance (CH)	Restorative Yoga (CH)		Pilates (WH)		
18:00 - 19:30	Dinner						
19:15 - 20:15	Yoga Nidra (CH)	Mantra Yoga (CH)	Embodied Understanding (CH)	Body Awareness (CH)	Games Night (LO) *	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