

| Time/Day    | Monday                                    | Tuesday                                   | Wednesday                                 | Thursday                                  | Friday                                    | Saturday                                  | Sunday                       |
|-------------|---|---|---|---|---|---|------------------------------|
| 6-8:30      | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                    |
| 7:00-8:15   | Meditation/ Intention/ Goal Setting Group | Meditation/ Intention/ Goal Setting Group | Meditation/ Intention/ Goal Setting Group | Meditation/ Intention/ Goal Setting Group | Meditation/ Intention/ Goal Setting Group | Meditation/ Intention/ Goal Setting Group | 8-12 Ecotherapy Group - Hike |
| 8:30-9:45   | Yoga                                      | Yoga                                      | Yoga                                      | Yoga                                      | Yoga                                      | Yoga                                      | ↓<br>↓                       |
| 10-10:30    | Brain Nutrient Supplement                 | Brain Nutrient Supplement                 | Brain Nutrient Supplement                 | Brain Nutrient Supplement                 | Brain Nutrient Supplement                 | 10-1 Emotional Release Group Therapy      | ↓<br>↓<br>↓<br>↓             |
| 10:45-11:45 | Process Group Therapy                     | Psychoed. Discussion Group **             | Process Group Therapy                     | Psychoed. Discussion Group **             | Process Group Therapy                     | ↓<br>↓<br>↓                               | ↓<br>↓<br>↓                  |
| 12-1        | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                        |
| 1-2:00      | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      |   |                              |
| 2:00-2:30   | ↓<br>↓                                    | Energy Work                               | ↓<br>↓                                    | Energy Work                               | ↓<br>↓                                    | 2-3:00 Behavioral Health,                 | Free Time                    |
| 2:30-3:30   | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      | Individual Sessions*                      | Wellbeing & Nutrition Group               | Spirit Lodge or Circle       |
| 4:00-5:30   | Individual Sessions* or Bodywork          | Individual Sessions*                      | Be Recovered Group (4:30-6:00)            | Individual Sessions* or Bodywork          | Individual Sessions* or Bodywork          | 3:00-6 Gym                                |                              |
| 6:15-7:15   | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                       |
| 7:30-9      | Sound Healing                             | Free Time                                 | Ceremony                                  | Psychoed. Discussion Group **             | Movie or Game Night, or Ceremony          | Consciousness Cinema                      | Free Time                    |