

WINTER URBAN RETREAT SCHEDULE

Please note this is subject to change.

Thursday 14th

5.00pm Arrive

6.00pm Welcome Meal

7.00pm Evening Session

9.00pm Finish

Friday 15th December

8.00am Arrive

8.15am Meditation

9.00am Breakfast

10.00am Max - Character Work

1.00pm Lunch

2.00pm Robbie - NLP work (Zoom)

4.00pm Meditation

5.00 Free Time

6.00pm Dinner

7.00pm Evening Session - Play reading

9.00pm Finish

Saturday 16th December

8.00am Arrive

8.15am Meditation

9.00am Breakfast

10.00am Max - Character Work

1.00pm Lunch

2.00pm Robbie - NLP work (Zoom)

4.00pm Meditation

5.00pm Free Time

6.00pm Dinner

7.30pm Evening Session - Discussion

9.00pm Finish

Sunday 17th December

8.00am Arrive

8.15am Mindfulness

9.00am Breakfast

10.00am Max - Character work

1.00pm Lunch

2.00pm Robbie - Meisner

5.00pm Free time

5.30pm Dinner

6.30pm Elen - Objectives and Events (Zoom)

8.30pm Finish

Monday 18th December

8.00am Arrive

8.15am Meditation

9.00am Breakfast

10.00am Robbie - Meisner

1.00pm Lunch

2.00pm Elen - Objectives and Events (Zoom)

5.00pm Free time

6.00pm Dinner

7.00pm Final Activity

9.00pm Finish