

Day to Day Awareness Workshop with Orly Doctori

	26/7 Thursday	27/7 Friday	28/7 Saturday
09:15- 09:45	Morning meditation (optional)	Morning meditation (optional)	Morning meditation (optional)
10:30 - 12:00	Morning Session	Morning Session	Morning Session
12:00 - 12:15	Break	Break	Break
12:15 - 14:00	Noon Session	Noon Session	Noon Session
14:30	Lunch	Lunch	Lunch
	Island/Beach time	Island/Beach time	15:30 – 17:30 Afternoon Session