

## Playful Life Workshop with Ilanit Tadmor

	Day 1	Day 2	Day 3	Day 4
09:15-09:45	Tao's Morning Meditation (optional)		Tao's Morning Meditation (optional)	Tao's Morning Meditation (optional)
09:45-10:30	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:30-13:30	Workshop Session	Workshop Session	Workshop Session	Workshop Session
13:30	Lunch	Lunch	Lunch	Lunch
	Island/ Beach time	Island/ Beach time	16:00-19:00 Workshop Outdoor Session	17:00 – 19:30 Workshop Session
19:00-21:30	Workshop Session	Workshop Session		