



Movement & Mindfulness | October 2020

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
09:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:30-13:30		Workshop Opening Session	Workshop Session	Workshop Session	Workshop Session	Workshop Session
	18:00 Orientation tour & registration					18:00 Workshop Closing Session
	19:00 Open Intro Session					