



Movement & Mindfulness with Ilanit Tadmor

	Arrival	Day 1	Day 2	Day 3	Day 4	Day 5
09:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:30-13:30		Opening & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions	Morning & Closing Sessions
14:00		Lunch	Lunch	Lunch	Lunch	Lunch
	18:00 Orientation tour & registration					
	19:00 Open Intro Session					