

Example Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Yoga	Nature Walk	Nature Walk	Yoga	Nature Walk	Yoga	Personal Time
7:30 AM							
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM	Morning Check-In	Morning Check-In	Morning Check-In	Morning Check-In	Morning Check-In	Morning Check-In	Morning Check-In
9:00 AM							
9:30 AM	SMART Goals	Thanyapura Sports & Wellness Resort	Beachside Recovery Meeting	Thanyapura Sports & Wellness Resort	Psychoed	Thanyapura Sports & Wellness Resort	Excursion / Outing and Lunch
10:30 AM							
11:00 AM	Psychoed				CBT		
11:30 AM							
12:00 PM							
12:15 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Beachside Lunch & Recovery Meeting	
1:00 PM	Relapse Prevention	Psychoed	Relapse Prevention	Art Therapy	Mindfulness		
1:30 PM							
2:00 PM	1-on-1 Sessions or Recovery Work or Personal Time	1-on-1 Sessions or Recovery Work or Personal Time	Personal Time	1-on-1 Sessions or Recovery Work or Personal Time	1-on-1 Sessions or Recovery Work or Personal Time	Personal Time	
2:30 PM			Recovery/Skills				
3:00 PM							
3:30 PM		Step Meeting	1-on-1 Sessions or Recovery Work or Personal Time	Meditation	Step Meeting	Personal Time	
4:00 PM							
4:30 PM							
5:00 PM						Personal Time	
5:30 PM						Personal Time	
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	Miracles Meeting	Miracles Meeting	Miracles Meeting	Miracles Meeting	Miracles Meeting	Miracles Meeting	Miracles Meeting
7:30 PM							
8:00 PM							

Please note: Schedule subject to change