

Arizona Wellness Retreats

SCHEDULE

Day 1	4:00 pm - 6:30 pm	Welcoming Ceremony - at Brave Bill Lounge
	7:30 pm - 9:00 pm	Group Dinner - at Coyote Moon
Day 2	7:00 am - 7:45 am	Optional Group Yoga Class
	8:00 am - 8:45 am	Group Class
	9:00 am - 10:15 am	Breakfast - at Cactus Flower
	11:00 am - 1:00 pm	Quantum Leap
	1:30 pm - 3:00 pm	Optional Group Lunch
	3:30 pm - 4:30 pm	Lecture
	5:00 pm - 7:30 pm	Free Time
	7:30 pm - 9:00 pm	Optional Group Dinner
Day 3	7:00 am - 7:45 am	Optional Group Yoga Class
	8:00 am - 8:45 am	Morning Meditation
	9:00 am - 10:00 am	Breakfast
	10:30 am - 1:00 pm	It's Not About the Horse
	1:30 pm - 3:00 pm	Optional Group Lunch
	3:30 pm - 5:00 pm	Lecture
	5:00 pm - 8:00 pm	Free Time
	8:00 pm - 9:30 pm	Group Closing Dinner
Day 4		Departure