











The Sanctuary Weekly Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 – 8:00AM	 Breakfast						
8:00 – 9:00AM	 Yoga						
9:15 – 9:45AM	 Meditation / Intention / Goal Setting Group					Trauma Release Breathwork 	 Ecotherapy Group – Hike
10:30 – 11:45AM	 Process Group Therapy						
12:00 – 1:00PM	 Lunch						
1:00 – 2:30PM	 Individual Sessions					Nutrition for Mental Health	Free time (Homework)
2:45 – 4:15PM	 Individual Sessions						
4:30 – 6:00PM	Individual Sessions	Individual or Group Sessions	Individual or Group Sessions	Individual Sessions	Individual Sessions	Free time (Gym, Hike, Creek, Integration, Homework)	Spirit Lodge or Circle
6:00 – 7:00PM	 Dinner						
7:30 – 9:00PM	Sound Healing	Free time	Welcoming and Graduation Fire Ceremony	Spiritual Resources Group		Conscious Cinema	Free time