

Time	Friday	Saturday	Sunday	Monday
07:00		<b>Early Morning Practice (optional)</b> Thai.Chi, Yoga, Walk in Nature	<b>Early Morning Practice (optional)</b> Thai.Chi, Yoga, Walk in Nature	<b>Early Morning Practice (optional)</b> Thai.Chi, Yoga, Walk in Nature
08:00		<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
09:00		<b>Basic Practice Container</b> Stillness, Check-in, Intro, 20 minute dance, Village	<b>Basic Practice Container</b> Stillness, Check-in, Intro, 20 minute dance, Village	Checkout <b>Basic Practice Container</b> s, Check-in, Intro, 20 minute dance.
10:30		Break	Break	Break
11:00		<b>Morning Container</b> Collective Sensing	<b>Morning Container</b> Letting Come/ Crystallizing	<b>Morning Container</b> Honouring
12:30				
13:00		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
14:30		<b>Afternoon Container I in different rooms</b>	<b>Afternoon Container I in different rooms</b>	Departure
15:00		Sensing I      Sensing II      Sensing III	Prototype I      Prototype II      Prototype III	
16:30		Break	Break	
17:00	Arrival & Checkin	<b>Afternoon Container II</b> Collective Harvesting	<b>Afternoon Container II</b> Collective Harvesting	
18:30				
19:00	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
20:30	<b>Evening Container</b> Welcome, Showup, Connect	<b>Evening Container</b> Collective Dance into the Emerging Future Letting Go/ Presencing	<b>Evening Container</b> Celebrating	