

# Schedule

## DAY 1: Friday, 13 May 2022

Check in opens	3:00 pm
BREAK/FREE TIME	3 - 6:00pm
Welcome & Intention setting	6:00 pm
DINNER	6:45 pm
Session #1: Artist's Way Intro & Basic Tools	7:30 - 8:30 pm

## DAY 2: Saturday, 14 May 2022

MOVEMENT (Pilates on the dock)	7:30 am
BREAKFAST and Morning Pages	8:00-9:30 am
Session #2: Shadow Artist & Artist Dates	9:30 - 10:30am
Personal Creative/Free Time/Creation Stations	10:30 - 12noon
LUNCH	12:00 noon
Session #3: Artist's Way	1:00 - 3:00pm
BREAK/FREE TIME	3:00 - 5:00pm
DINNER	5:30 pm
Session #4: Clearing/Intuitive Therapeutic Painting	6:30 pm
Gratitude/Reflection Circle	7:30 pm

## DAY 3: Sunday, 15 May 2022

MOVEMENT (pilates on the dock)	7:30 am
BREAKFAST and Morning Pages	8:30 am
Session #3: Vision 2022 Workshop	9:30—11:30am
BREAK/FREE TIME	11:30—12:30pm
LUNCH	12:30 pm
FREE TIME:	12:30-2:00 pm
Session #6: Soul Essence	2:00 pm
Session #7: Soul Essence Canvas	3:30 pm
BREAK/FREE TIME	4:30 pm
DINNER	6:30 pm
Reflection Circle & Bonfire	7:30 pm

## DAY 4: Monday, 16 May (Public Holiday)

Breakfast	8:00 am
Morning Pages	9:00 am
Session #8: Rhythms & Commitments	9:30 am
BREAK/FREE TIME	11:00 am
LUNCH & Packing	12:30 pm
FREE TIME	1:00pm
CHECK OUT	3:00 pm