

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
07h00 – 08h00	Beach Walk											07h15 – 07h45 Meditation	08h00 – 08h30 Breakfast	08h30 – 09h00 Clean Annexes
08h00 – 09h00	Breakfast, Clean Annexes, Housekeeping													
09h00 – 10h00	Community (female)	Community (male)	Meditation (female)	Trauma Group Trauma Egg Creation Wk2 (male)	09h00 – 10h15 Spirituality with Sergio		Meditation (female)	Trauma Group Trauma Egg Processing Wk2 (male)	Meditation (female)	Powerlessness & Damages (male)	Experiential Group with Jim & Patric		Outing: 1. Chapman's Peak Walk 2. Constantia Nek Hike 3. Cecilia Forest Hike 4. World of Birds	
10h00 – 10h45	Meditation (female)	Powerlessness & Damages (male)	Trauma Group Trauma Egg Creation Wk2 (female)	Meditation (male)	10h15 – 11h00 Lecture with Father Harry		Trauma Group Trauma Egg Processing Wk2 (female)	Meditation (male)	Powerlessness & Damages (female)	Meditation (male)	10h15 – 11h00 Process Group			
10h45 – 11h00	TEA BREAK				11h00 – 11h15 TEA BREAK		TEA BREAK			11h00 – 11h15 TEA BREAK				
11h00 – 12h00	Eating Disorder Group (female)	Meditation (male)	Interactive Lecture		11h15 - 12h00 Interactive Lecture or 1:1 with Father Harry		Interactive Lecture		Interactive Lecture		11h15 - 12h00 Written Work / Life Story			
12h00 – 13h00	LUNCH								12h00 – 12h45 LUNCH		LUNCH		Barbeque	
13h00 – 14h00	Community Housekeeping		Step Lecture		Step Lecture		Step Lecture		12h45 – 13h45 Crystal Healing		13h00 – 14h30 Visiting Time			
14h00 – 15h30	Written work / Individual Session / Conjoint (female)	Art (male)	14h00 – 16h00 Breathwork		14h00 – 16h00 Farewell Ritual	14h00 – 15h00 Written work / Individual Session / Conjoint (female)	14h00 – 15h00 Yoga / Soul Dancing (male)	14h00 – 15h00 Written work / Individual Session / Conjoint (female)	14h00 – 15h00 Tobacco Cessation (male)	14h00 – 15h00 Written work / Individual Session / Conjoint (female)			14h00 – 15h00 Teambuilding (male)	
15h30 – 16h00	TEA BREAK			15h00 - 15h30 TEA BREAK										
16h00 – 17h30	Art (female)	Written work / Individual Session / Conjoint (male)	15h30 – 16h30 Life Skills (female)	15h30 – 16h30 Written work / Individual Session / Conjoint (male)	15h30 – 16h30 Yoga / Soul Dancing (female)	15h30 – 16h30 Written work / Individual Session / Conjoint (male)	15h30 – 16h30 Tobacco Cessation (female)	15h30 – 16h30 Written work / Individual Session / Conjoint (male)	15h30 – 16h30 Teambuilding (female)	15h30 – 16h30 Written work / Individual Session / Conjoint (male)	14h30 – 16h00 Life Story	14h30 – 16h00 Written work / Individual Session / Conjoint	Visiting Time	
			16h30 – 17h30 Audio Visual		16h30 – 17h30 Audio Visual		16h30 – 17h30 Audio Visual		16h30 – 17h30 Audio Visual		16h30 – 17h30 Recovery Card Game			
17h30 – 18h30	DINNER													
18h30 – 19h00	Free Time		Drumming (female)	AA Meeting (male)	Nicanon Meeting		AA Meeting (female)	18h00 – 19h00 Drumming (male)	CODA Meeting (female)	Written Work / Exercise (male)	Free Time		Life Story	Written Work
19h00 – 19h30	Over Eaters Meeting (female)	CODA Meeting (male)			Free Time			Exercise (male)	Written Work /		NA Speaker			
19h30 – 20h00			Exercise (female)										Free Time	

20h00 – 20h30	20h00 – 21h00 Secondary Care Speaker			NA Meeting			Exercise (female)		Movie	Step 5	AA Speaker
20h30 – 21h00		Music Group			Bio Feedback (female)	Bio Feedback (male)					
21h00 – 21h30											
21h30 – 22h00	SNACK TIME										
22h00 – 22h30	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10
22h30 – 23h00	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out

This programme is subject to change