

Sunday Afternoon

- 4-5 check into room (rooms are often ready prior to this time)
- 5-6 eat
- 6-8 opening circle
- 8-10 FREE (SOAK, wrap, spa).
- 10- Quiet

Schedule for each FULL DAY-Monday thru Friday

- 7:00-8:00 Morning Chi Kung (come in your PJs if you like)
- 8:00-9:00 breakfast
- 9-11 class session
- 11-12 break. snack - fruit & nuts available or SOAK
- 12-2 class session
- 2-3 eat mid-day large meal
- 3-6 FREE / **Nap** / walk / rest / SOAK / spa
- [** 5-6 Chart Chat with Claudia optional *]
- 6-7 Cosmic Dance/ Eurythmy
- 7- 7:30 what's up, share dreams you have worked yourself -- in circle
[* Mon. & Tue. Only, then do yourself, share with friends and in the pool]
- 7:30-8 snack – Cheese, Humus, dippers
- 8-10 FREE (SOAK, wrap, spa).
- [** Mon. & Tue. 9:30 - 10:15 quiet PM LuLu (or any part) with Damaris optional *]
- 10- Quiet
- ** Wed. night – 7-8 / 8:30 “skits’ with snack
- Thur. night – 6 -7:30 Grail Circle Celebration (no cosmic dance)
- Fri. night – 7:30 -8:30 Fire Ceremony, outdoors (snack after fire)

Saturday Morning -

- 7:00-8:00 Morning Chi Kung (come in your PJs if you like)
- 8:00-9:00 breakfast
- 9-10 soak, pack up and check out of rooms
- 10-12 closing session
- 12-1 pack the room up & goodbyes
- (free to use spa all day)
- ..Have a Safe and Peaceful drive/flight home