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| Day | 20mins Mindfulness Practice | 75 mins  Morning Class | Brunch | Afternoon | Teatime-ish | 60 mins  Sunset Class | Dinner |
| Mon | Depending on arrival time | Arrival Day TBC | Welcome and Introductions | Free Time | Opening and Connecting to the Space | 5pm  Restorative | 7pm |
| Tue | 8.30 | 9am | 11am | Free time | 4pm Cake | 5pm  Restorative | 7pm |
| Wed | 8.30 | 9am | 11am | Trip to Town  Free Time | 4pm Cake | 5pm  Restorative | 7pm |
| Thu | 8.30 | 9am | 11am | Free time  Massage Day Mindful Drawing/Writing | 4pm Cake | 5pm  A Space of Possibility and Creativity –some reflections | 8.30pm  Weaving Together Celebration  Closing Space |
| Fri | Depending on Departure Time | Departure Day TBC |  |  |  |  |  |
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