

# FINDHORN EXPERIENCE WEEK: SAMPLE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:30 or 8:35</b>		<b>Optional Meditation</b>	<b>Optional Meditation</b>	<b>Optional Meditation</b>	<b>Optional Meditation</b>	<b>Optional Meditation</b>
<b>7:30 – 9:00</b>	<b>Breakfast</b>					
<b>9:00 – 12:30</b>	<b>Check-in + Registration</b>	<b>Programme Session</b>	<b>Programme Session</b>	<b>Programme Session</b>	<b>Programme Session</b>	<b>Check-out</b>
<b>12:30 – 13:30</b>	<b>Lunch</b>					
<b>14:00 – 18:00</b>	<b>Welcome + Introductions</b>	<b>Programme Session</b>	<b>Programme Session</b>	<b>Programme Session</b>	<b>Programme Session</b>	
<b>18:00 – 18:40</b>	<b>Dinner</b>					
<b>19:45 – 21:00</b>	<b>Personal Time</b>	<b>Optional Session</b>	<b>Programme Session</b>	<b>Optional Session</b>	<b>Personal Time</b>	

*Please note actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.*