



## **Healing & Celebrating the Inner Child Schedule**

### **Friday**

9:00 a.m. - Depart for Idyllwild

11:30 a.m. - Arrive in Idyllwild

11:30 a.m. - 12:30 p.m. - Lunch in Idyllwild

1:00 - 1:30 p.m. - Room Assignments

1:30 - 2:30 p.m. - Introduction

2:30 - 3:00 p.m. - Break

3:00 - 5:30 p.m. - Session I

5:30 - 7:00 p.m. - Dinner

7:15 - 10:00 p.m. - Session II

### **Saturday**

6:30 - 7:30 a.m. - Yoga

6:30 - 8 .am. - Breakfast

9 a.m. - 11:30 p.m. - Session III

11:30 -12:30 p.m. - Lunch

12:30 - 2:30 p.m. - Hike

3:00 - 5:30 p.m. - Session IV

5:30 - 7:00 p.m. - Dinner

7:00 - 10:00 p.m. - Session V



## **Sunday**

6:30 - 7:30 a.m. - Yoga

6:30 - 8:30 a.m. - Breakfast

8:30 - 11:30 a.m. - Session VI

11:30 - 1:00 p.m. - Lunch

1:00 - 3:00 p.m. - Session VII

3:00 - 3:15 p.m. - Break

3:15 - 6:30 p.m. - Closing Ceremonies