

One Week Intensive Schedule

Sunday

5:00pm-5:30pm	Registration at IOP
5:30pm- 8:00pm	Dinner and Ice Breaker at IOP

Monday

7:30 am-8:15am	Breakfast at Hotel
8:15am	Meet in Lobby
9:00am-9:30am	Meditation with James
9:30 am-Noon	Process group – Love letter to Self, Expectations at Pavilion
12:00 pm-1:00 pm	Lunch at Refuge
1:30 pm-3:30 pm	Nuts and Bolts at Seed Barn
3:30 pm-5:00 pm	Process at Seed Barn
5:00 pm-6:00 pm	Dinner at Refuge
6:15 pm- 8:15pm	Assignments at IOP – Trauma Eggs

Tuesday

7:30 am-8:15 am	Breakfast at Hotel
8:30 am	Meet in Lobby
9:00am-9:30am	Meditation with James
9:30 am-Noon	Process at IOP – present Trauma Eggs
12:00 pm-1:00 pm	Lunch at IOP
1:15 pm- 2:45 pm	Breath Work with Jamie at IOP
3:30 pm-5:00 pm	Process at IOP
5:00 pm-6:00 pm	Dinner at IOP
6:15 pm-8:15pm	Process at IOP – Present Trauma Eggs

Wednesday

7:30 am-8:15 am	Yoga and Meditation with James at hotel conference room
8:15 am-9:00 am	Breakfast at the hotel
9:00am	Meet in Lobby
9:30 am-Noon	Process at IOP Present Trauma Eggs
12:00 pm-1:00 pm	Lunch at IOP
1:00 pm-3:00 pm	Group with Judy at IOP
3:30 pm-5:00 pm	Free Time for assignments
5:00 pm-6:00 pm	Dinner at IOP
6:15pm-8:15pmpm	Process – present assignments

Thursday

7:30 am-8:15 am	Yoga and Meditation with James at hotel conference room
8:15 am-9:00 am	Breakfast at Hotel
9:00am	Meet in Lobby
9:30 am-Noon	Process - present assignments
12:00 pm-1:00 pm	Lunch at IOP
1:30 pm-3:30 pm	Group with Judy
3:30pm -5:00 pm	Free Time/Assignments
5:00 pm-6:00 pm	Dinner at IOP
6:15pm-8:15 pm	Process at IOP – present assignments

Friday

7:30 am-8:15 am	Yoga and Meditation with James at hotel conference room
8:15 am-9:00 am	Breakfast at the Hotel
9:00am	Meet in Lobby
9:30 am-Noon	High Ropes at Refuge
12:00 pm-1:00 pm	Lunch at the Lodge
1:00 pm-3:00 pm	Closing Process at Seed Barn
3:00 pm-5:00 pm	Free Time
5:00 pm-6:00 pm	Dinner at the Lodge
6:00 pm-7:00 pm	Closing Ceremony – Burning Bowl at Seed Barn