

Your Daily Program Schedule
September 17-22, 2021

Mindfulness Based Cognitive Therapy with Dr. Andrea Grabovac & Dr. Mark Lau

TIME	DAY 1 Friday, September 17	DAY 2 Saturday, September 18	DAY 3 Sunday, September 19	DAY 4 Monday, September 20	DAY 5 Tuesday, September 21	DAY 6 Wednesday, September 22	
6:00AM-7:00AM		Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	Self-Guided Meditation Sanctuary Building	
7:00AM-8:00AM		Early Session 7:15am-8:30am RAVEN	Early Session 7:15am-8:30am RAVEN	Early Session 7:15am-8:30am RAVEN	Early Session 7:15am-8:30am RAVEN	Early Session 7:15am-8:30am RAVEN	
8:30AM-9:30AM		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
		Hollyhock Garden Tour 9:00-9:45am Meet in Garden					
9:30AM-12:15PM		Morning Session 9:30am-12:25pm RAVEN	Morning Session 9:30am-12:25pm RAVEN	Morning Session 9:30am-12:25pm RAVEN	Morning Session 9:30am-12:25pm RAVEN	Morning Session 9:30am-11:00am RAVEN	
12:30PM-1:30PM						LUNCH	
1:30PM-6:00PM			Afternoon Session 2:30pm-5:15pm RAVEN	Afternoon Session 2:00pm-5:30pm RAVEN	Afternoon Session 2:00pm-5:30pm RAVEN	Afternoon Session 2:00pm-5:30pm RAVEN	
6:30PM-7:30PM		DINNER Lodge	Oyster Appetizer BBQ 5:30-6:30pm Event Tent	DINNER	DINNER	DINNER	
	Orientation 7:30-8:00pm Lodge	DINNER					
7:30PM-9:30pm	Opening Session w/Andrea & Mark 8:00pm-9:30pm RAVEN	FREE TIME	FREE TIME	Presenter Evening TBD	FREE TIME		

*Extra charge for starred activities. Please book in the Hollyhock Store. "

HOLLYHOCK