

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	8:15 - 9:00					9:00 - 10:00		
9:20 - 11:00	Opening Circle	Spiral Groups 9:00 - 9:20					Picnic Lunch Free Day	Picnic Lunch Free Morning
		Small Group Sessions 9:20 - 11:00						
11:00 - 11:30	Break & Payments	Break & Individual Tutorials						
11:30 - 1:00	Opening Circle	Small Group Sessions						
Lunch	1:15					Explore the Lakes or Kendal Keswick Lancaster Carlisle		
Afternoon	2:30 Walk together	Programme for activating language: including drama, pronunciation, discussion and film workshops Creativity space: movement/art Relaxation workshops: including meditation, massage exchange and yoga meets dance					2:00 Closing Circle	Welcome dinner in the Top Barn @ 7:00
	5.30 Social Programme Planning							
Dinner	6.30	6.30	Eat out	6.30	7.00	Eat out		
Evening	8.00 Yoga	Evening programme including: theatre/ cinema trips, sauna, pub walk, music, film club, barbecue, drumming					Free Time	