

## Intensive Schedule (Approximate)

| Day/Time        | Program                                      | Location                     |
|-----------------|--|------------------------------|
| <b>Thursday</b> |  |                              |
| 1:30 PM         | Participant Arrivals Start                   | Main Lobby & Dining Entrance |
| 3:00-5:00       | Workshop                                     | Main Hall                    |
| 5:30-6:30       | Free Time / Dinner Prep                      |                              |
| 6:30-7:30       | Dinner                                       | Dining Room / Kitchen        |
| 7:30-8:00       | Clean Up / Free Time / Early Empathy Circles |                              |
| 8:00-9:00       | Empathy Circles                              | Main Hall                    |
| 10:00 PM        | Quiet Time / Lights Out                      | Rooms                        |
| <b>Friday</b>   |  |                              |
| 7:45-9:00       | Breakfast                                    | Dining Room / Kitchen        |
| 9:00-9:30       | Clean up / Free Time                         |                              |
| 9:30-12:30      | Workshop - Morning Circle                    | Main Hall                    |
| 12:30-1:00      | Free Time / Lunch Prep                       |                              |
| 1:00-2:00       | Lunch  | Dining Room / Kitchen        |
| 2:00-2:30       | Cleanup / Free Time                          |                              |
| 2:30-5:00       | Workshop - Break Out Group Exercises         | Main Hall                    |
| 5:00-6:30       | Free Time / Dinner Prep                      |                              |
| 6:30-7:30       | Dinner                                       | Dining Room / Kitchen        |
| 7:30-8:00       | Clean Up / Free Time / Early Empathy Circles |                              |
| 8:00-9:00       | Empathy Circles                              | Main Hall                    |
| 10:00           | Quiet Time / Lights Out                      | Rooms                        |
| <b>Saturday</b> |  |                              |
| 7:45-9:00       | Breakfast                                    | Dining Room / Kitchen        |
| 9:00-9:30       | Clean up / Free Time                         |                              |
| 9:30-12:15      | Workshop - Morning Circle                    | Main Hall                    |
| 12:15-12:30     | Group Photo (optional)                       | Main Hall                    |
| 12:30-1:00      | Free Time / Lunch Prep                       |                              |
| 1:00-2:00       | Lunch  | Dining Room / Kitchen        |
| 2:00-2:30       | Cleanup / Free Time                          |                              |
| 2:30-5:00       | Workshop - Break Out Group Exercises         | Main Hall                    |
| 5:00-6:30       | Free Time / Dinner Prep                      |                              |
| 6:30-7:30       | Dinner                                       | Dining Room / Kitchen        |
| 7:30-8:00       | Clean Up / Free Time / Early Empathy Circles |                              |
| 8:00-9:00       | Empathy Circles                              | Main Hall                    |
| 9:00-10:45      | Celebration of Self-Expression!              | Main Hall                    |
| 11:00 PM        | Quiet Time / Lights Out                      | Rooms                        |
| <b>Sunday</b>   |  |                              |
| 7:45-9:00       | Breakfast                                    | Dining Room / Kitchen        |
| 9:00-9:30       | Clean up / Check-out                         |                              |
| 9:30-12:30      | Workshop - Morning Circle                    | Main Hall                    |
| 12:30-1:00      | Check-out / Free Time / Lunch Prep           |                              |
| 1:00-2:00       | Lunch / Cleanup                              | Dining Room / Kitchen        |
| 2:00-3:00       | Workshop - Closing Circle                    | Main Hall                    |
| 3:00            | Workshop End, Departures and Cleanup Begin   |                              |
| 5:00            | NYCNVC Depart Lifebridge                     |                              |