

Day	Monday	Tuesday	Wednesday
7:00a	Morning Routine (MB)	Morning Routine (MB)	Morning Routine (MB)
7:30a	Campus Huddle (MB)	Campus Huddle (MB)	Campus Huddle (MB)
7:45a	BREAKFAST	BREAKFAST	BREAKFAST
8:30a	Connect (RR)	Connect (RR)	Connect (RR)
9:00a	Transition Time	Transition Time	Transition Time
9:10a	Yoga Flow (RR)	Funky Fit (FR)	Funky Fit (FR)
10:00a	Daily Breath (RR)	Private Therapy (TO)	Daily Mobility (FR) GE
10:15a	Kitchen Organization (MB)		Snack Time
10:30a			Private Nutrition (NO)
11:00a	Goals & Accountability (RR)	Tackling Transitions (RR)	Inspired Intentions (RR) JF
12:00p	LUNCH	LUNCH	LUNCH
1:00p	Grocery Store Trip	Legacy Project, Goals, & Home Plan (RR)	Soul Collage (RR)
2:00p		Reflection Group (RR)	
3:00p		Snack Time	
3:30p		Recreation Activity	Walk with Anne (MB)
4:00p			Legacy Project Planning (MB)
5:00p	Culinary Practice	Dinner Prep	
6:00p	Dinner Prep		
6:00p	DINNER	DINNER	DINNER
7:00p	Book Club with Teresa (MB/RR)	Elodie Graduation Honor Cile (MB/RR)	Game Night (MB/RR)
8:00p	Meditation (RR)	Meditation (RR)	Meditation (RR)
8:30p	Evening Routine (MB/APT)	Evening Routine (MB/APT)	Evening Routine (MB/APT)
10:30p	Lights Out	Lights Out	Lights Out

Day	Thursday	Friday	Saturday
7:00a	Morning Routine (MB)	Morning Routine (MB)	
7:30a	Campus Huddle (MB)	Campus Huddle (MB)	Morning Routine (MB)
7:45a	BREAKFAST	BREAKFAST	BREAKFAST
8:30a	Connect (RR)	Connect (RR)	Connect (RR)
9:00a	Funky Fit (FR)	Funky Fit (FR)	Frying Pan Tower
9:50a	Daily Mobility (FR)	Daily Mobility (FR)	
10:00	Snack	Snack	
10:15a	Private Fitness (FR)	Legacy Project, Goals, & Home Plan (RR)	
10:45a	Transition	Transition	
11:00a	Conflict Resolution (RR)	DBT Skills - Emotion Regulation (RR)	
12:00p	LUNCH	LUNCH	PICNIC LUNCH
1:00p	Budgeting (RR)	Adventure Yoga at Fawn Lake	
2:00p	Culinary Practice (MB)		
3:00p	Snack		
3:30p	Daily Breath (RR)		
4:00p	Legacy Project, Goals, & Home Plan (RR)		
5:00p	Dinner Prep	Dinner Prep	Dinner Prep
6:00p	DINNER	DINNER	DINNER
7:00p	Craft Night (MB/RR)	Movie Night (MB/RR)	Bonfire
8:00p	Meditation (RR)	Meditation (RR)	Meditation (RR)
8:30p	Evening Routine (MB/APT)	Evening Routine (MB/APT)	Evening Routine (MB/APT)
10:30p	Lights Out	Lights Out	Lights Out

Day	Sunday	Location Abbreviations	KEY
8:00a	Morning Routine (MB/APT)	<p><i>HUT</i>: Outdoor Hut (Outdoor Group Meetings & Activity Space)</p> <p><i>MB</i>: Main Building (Residences, Kitchen, & Group Meeting Space)</p> <p><i>RR</i>: Rec Room (Indoor Yoga & Group Activity Area)</p> <p><i>FR</i>: Fitness Room (Cardio, Strength, & Workout Room)</p> <p><i>COT</i>: Cottage (Administrative Office & Group Meeting Space)</p> <p><i>TO</i>: Therapeutic Office (Therapeutic Meeting Space)</p> <p><i>NO</i>: Nutrition Office (Nutrition Meeting Space)</p>	Independence
8:30a	Meditation (MB/RR)		Self-Care & Stress Management
9:00a	BREAKFAST		Signature Skyterra Talk
9:30a	Pickleball at Skyterra Wellness		Movement & Mobility
			Culinary & Nutrition
			Recreation & Adventure
12:00p	LUNCH		Mindfulness & Yoga
1:00p	Reflection Group (RR)		<p>Individual Sessions</p> <p>Wellness Coach _____</p> <p>Therapy Session _____</p> <p>Therapy Session _____</p> <p>Private Nutrition _____</p> <p>Private Fitness _____</p>
1:30p	Planning Session (RR)		
2:00p	Deep Clean (ALL)		
3:00p	Snack		
3:30p	Daily Breath (MB)		
4:00p	Letter Writing (MB/RR)		
5:00p	Dinner Prep		
6:00p	DINNER		
7:00p	Spa Night (MB/RR)		
8:00p	Meditation (RR)		
8:30p	Evening Routine (MB/APT)		
10:30p	Lights Out		