

CE FOR THE SOUL

ENRICH YOUR MIND. NOURISH YOUR SOUL.

LICENSED PROFESSIONALS

3 NIGHTS / 2 ½ DAYS

NIGHT ONE	<p>WELCOME DINNER</p> <p>Check in after 4pm, relax, and get acquainted with your surroundings. Dinner served at 7pm. 6:00pm – 7:00pm Ice breaker, introductions 7:00pm – 8:00pm CE 1 unit</p>
DAY ONE	<p>8:00am – 9:00am Yoga or Personal Time 9:00am – 9:30am Breakfast 9:30am – 12:30pm CEs 3 units 12:30pm – 1:30pm Lunch & 1 CE 1:30pm – 4:30pm CEs 3 units 4:30pm – 5:30pm Cocktails & Conversation 5:30pm – 6:30pm Mindfulness / Personal Time 6:30pm – 7:30pm Dinner & 1 CE 7:30pm – 8:30pm CE 1 unit</p>
DAY TWO	<p>8:00am – 9:00am Yoga or Personal Time 9:00am – 9:30am Breakfast 9:30am – 12:30pm CEs 3 units 12:30pm – 1:30pm Lunch & 1 CE 1:30pm – 4:30pm CEs 3 units 4:30pm – 5:30pm Cocktails & Conversation 5:30pm – 6:30pm Mindfulness / Personal Time 6:30pm – 7:30pm Dinner & 1 CE 7:30pm – 8:30pm CE 1 unit</p>
DAY THREE	<p>7:30am – 8:30am Yoga or Personal Time 8:30am – 9:00am Breakfast 9:00am – 11:00am CEs 2 units 11:00am – 11:30am Surveys & Pack Up 12:00pm Check Out – Until the next time!</p>

Itinerary & programming may be subject to change without notice.