

## RETREAT TIMETABLE AND SESSIONS

### Friday 6<sup>th</sup> August – Evening of Arrival

- Arrival / Airport Pick Up
- Welcome
- Introduction: 20:00 - 21:30

### DAY 1 – 5 (Saturday – Wednesday)

With Breakfast and Lunch

BREAKFAST 07.00 - 09.00  
Session 1: 10:00 - 11:30  
Session 2: 12:00 - 13:30  
LUNCH 13.30 – 14.30  
Session 3: 20:00 - 21:30

With Breakfast and Supper

BREAKFAST 07.00 - 09.00  
Session 1: 10:00 - 11:30  
Session 2: 12:00 - 13:30  
SUPPER 19.00 – 20.00  
Session 3: 20:00 - 21:30

### DAY 6 (Thursday)

Final Session: 10:00 - 11:30  
Question and Answers

### DAY 7 (Friday)

- Free Time

### DEPARTURE

- There Are No Goodbyes
- Airport

### MEALS:

- BREAKFAST 07.00 – 09.00
- LUNCH 13.30 – 14.30
- SUPPER 19.00 – 20.00

\*\*\*

Please Note. The times May Vary.