

Back To Yourself



Group Schedule (Oct 2025)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:40	Meditation (Optional)	Meditation (Optional)	Meditation (Optional)	Meditation (Optional)	Meditation (Optional)		
7:00	Wake Up	Wake Up	Wake Up	Wake up	Wake up	Wake Up	Wake Up
07:30-08:00 (30 minute)	Just For Today	Just For Today	Just For Today	Just For Today	Just For Today	Yoga / Swim / Gym	Just For Today
08:00-09:00	Yoga / Swim / Gym	Yoga / Swim / Gym	Yoga / Swim / Gym	Yoga / Swim / Gym	Yoga / Swim / Gym		Yoga / Swim / Gym
08:45-10:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:15	Diadatic Group	Process Group	Psychoeducation Group	Recovery Group	Journal group Group	Excursion	NA 12 Step Meeting on site
11:30-12:45	Gender Group	Breathwork/ Mind/ Body Group	TRE Group	Healthy Relationships Group	Psychodrama Group		
13:00-14:00	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
14:00- 17:00 (14:00-15:00)	One on One	One on One	One on One	One on One	Theraputic Activity Hike/ Badmington/ Soccer/ Muay Thai		Wisdom Group
(15:00-16:00)	One on One	One on One	One on One	One on One			Free Time
(16:00-17:00)	One on One	One on One	One on One	One on One			
17:00-18:00	Ice Bath & Sauna ----- CA 12 Step Men Meeting Woman 12 Step Meeting	CA 12 Step Meeting on site	Ice bath & Sauna	AA 12 Step Meeting on site	Ice bath & Sauna	Social Activity	
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	BBQ Dinner
19:15-19:30	Closing	Closing	Closing	Closing	Closing	Closing	Closing
19:30-21:00	Social Activity	Movie Night	Shopping	Quick Night Game	Karaoke/Game	Singing Bowls	Drumming Circle