

Advanced Personal Development, Transformation and Wellbeing (APDTW)

Weekend Experience *Proposed Schedule*

	Friday	Saturday	Sunday
07:30			
08:00			7:30 - 8:15 Optional Dynamic Healing Energy Movement 45 minutes
08:15			
08:30			8:15 - 9:00 Breakfast 45 minutes
09:00		8:30 - 9:00 - Registration	
09:30		9:00 - 10:00 Social, Communal Development & Meditation - 1 hour	9:00 - 9:30 Meditation With Everyone - 30 minutes
10:00			09:30 - 11:00 Professional Development, Transformation & Wellbeing + Essential Qualities 1.5 hours
10:30		10:00 - 11:00 Healing Energy Awareness Concepts & Principles 1 hour	
11:00			
11:30		11:00 - 11:30 Sharing <i>APDTW</i> groups - 30 minutes	11:00 - 12:30 Creating Self-Care & Wellness & Creative Arts & Play Therapy - 1.5 hours
12:00		11:30 - 12:30 Subtle Energy Concepts and Principles of <i>Emotions</i> 1 hour	
12:30			
13:00		12:30 - 14:30 Lunch - 2 hours Registration	12:30 - 14:00 Lunch - 1.5 hours
13:30			
14:00			
14:30			14:00 - 14:30 - Meditation - 30 minutes
15:00		14:30 - 15:00 - Meditation - 30 minutes	14:30 - 16:00 Group Psychotherapeutic Process 1.5 hour
15:30		15:00 - 16:00 Relational Dynamics Concepts and Principles, Models 1 hour	
16:00			
16:30		16:00 - 18:00 Group Psychotherapeutic Process 2 hours	16:00 - 16:30 <i>APDTW</i> Sharing & Closing
17:00			16:30 - 17:00 Sharing - Closing for All
17:30			
18:00			
18:30	18:00 - 19:00 Registration	18:00 - 19:00 Debriefing, Sharing & Closing the Day With Everyone	
19:00	18:00 - 19:00 Informal Get Together	18:00 - 19:00 1 hour	
19:30	19:00 - 21:00 Dinner - 2 hours Socializing	19:00 - 21:00 Dinner - 2 hours	
20:00		20:00 - 22:00 - Dancing	
20:30		OR 20:00 - 21:00 Traditional, Complementary & Conventional Medicine Integration presentation (TCCMI) - OR Free time	
21:00			
21:30	21:00 - 22:00 Optional Guided Meditation - 1 hour		
22:00	"Relaxing Into the Now"		
22:30			

Light Grey segment boxes are for all participants.

White clear segment boxes are in separate theme groups