

Personal Development, Transformation and Wellbeing (PDTW)

Weekend Experience *Proposed Schedule*

	Friday	Saturday	Sunday
07:30			
08:00			7:30 - 8:15
08:15			Optional Dynamic Healing Energy Movement 45 minutes
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		10:00 - 11:00 Healing Energy Awareness Concepts & Principles 1 hour	9:30 - 11:00 Professional Development, Transformation & Wellbeing + Essential Qualities 1.5 hours
11:00		11:00 - 11:30 Sharing <i>PDTW</i> group - 30 minutes	11:00 - 12:30 Creating Self-Care & Wellness & Creative Arts & Play Therapy - 1.5 hours
11:30		11:30 - 12:30 Subtle Energy Concepts and Principles of <i>Emotions</i> 1 hour	
12:00			
12:30			
13:00		12:30 - 14:30 Lunch - 2 hours Registration	12:30 - 14:00 Lunch - 1.5 hours
13:30			
14:00			14:00 - 14:30 - Meditation - 30 minutes
14:30			
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>PDTW</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		
19:30	19:00 - 21:00 Dinner - 2 hours	19:00 - 21:00 Dinner - 2 hours	
20:00	20:00 - 21:00 Socializing	20:00 - 22:00 - Dancing OR 20:00 - 21:00 Traditional, Complementary & Conventional Medicine Integration presentation (TCCMI) - OR Free time	
20:30			
21:00			
21:30	21:00 - 22:00 Optional Guided Meditation - 1 hour "Relaxing Into the Now"		
22:00			
22:30			

Light Grey segment boxes are for all participants.

White clear segment boxes are in separate theme groups