

7.2.22	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7 - 7.40		Qi-gong	Qi-gong	Qi-gong	Qi-gong	Qi-gong	Qi-gong
7.45 - 8.45		Sufi Practice or Mindfulness	Sufi Practice or Mindfulness	Sufi Practice or Mindfulness	Sufi Practice or Mindfulness	Sufi Practice or Mindfulness	Sufi Practice or Mindfulness
Break							
9.30 - 10.30		DUP Voice Yoga	DUP Voice Yoga	DUP Voice Yoga	DUP Voice Yoga	DUP Voice Yoga	DUP Voice Yoga
Break			Integration		Integration	Integration	
11am to 1pm		HG info, Practices flowing into Local/other groups	Practice in the Community - Lightening the Load OR DUP	HG info, Practices flowing into Local/other groups	Practice in the Community - Grieving our Losses OR DUP	Practice in the Community - Building Resilience OR DUP	HG info, Practices flowing into Local/other groups
Lunch 1 to 2pm				1 to 3pm			
2 to 3pm		Band practice Sharing Groups	Band practice Sharing Groups	Mindful Market	Band practice Sharing Groups inc DUPEK	Band practice Sharing Groups inc SAC meeting	Band practice Sharing Groups
3.15 to 4.15		Being time and Relaxing Practices Bhajans	Being' time and Relaxing Practices Bhajans		Being' time and Relaxing Practices Bhajans	Being' time and Relaxing Practices Bhajans	Being' time and Relaxing Practices Bhajans
4.30 to 6pm		Voice DUP	Voice DUP	Voice DUP EWD	Voice DUP	Voice DUP	CABARET
Supper 6 to 7pm							
7 to 8pm		Story time Circle Dance	Story time Circle Dance	Story time Circle Dance	Story time Circle Dance	Story time Circle Dance	Story time Circle Dance
8.30 to 10pm	DUP	DUP	DUP	DUP	Wave or DUP	DUP	DUP followed by EWD
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