

# LAUGHTON RETREAT SCHEDULE

ARRIVAL DAY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
<b>Morning</b>				
	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
	Yoga	Yoga	Yoga	Yoga/optional sharing of any work
	Movement session	Movement session	Class	Sharing of craft work
<b>Afternoon</b>				
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Arrive 3pm	Native Hands activity/guided walk on the downs	Native hands activity/guided walk on the downs	Free time	Pack up
Settle in	Tea	Tea		Leave 3.30pm
Tea				
<b>Evening</b>				
	<b>COOKING AND SUPPER</b>	<b>COOKING AND SUPPER</b>	<b>COOKING AND SUPPER</b>	
Wander	Film/talk	Contact improvisation session	Contact improvisation session	
Yoga 1hr 15 min				
Supper provided				
Talk				
Bed				