

Sample Program Itinerary

Day 1:

| <i>TIME</i> | <i>ACTIVITY</i> |
|--------------------|--|
| 2:30pm | Check into private Loft suite |
| 2:30-2:45pm | Tour |
| 2:45-5:15pm | Intake Form & Private coaching session |
| 5:30-6:30pm | Dinner |
| <u>6:45-8:45pm</u> | <u>Service</u> |
| 8:45-9:30pm | Free/Reflection time |
| 9:30-10:00pm | Evening routine/Lights out |

Day 2:

| | |
|---------------------|---|
| 8:00-8:50am | Morning routine/Breakfast served between: |
| <u>9:00-12:00pm</u> | <u>Service</u> |
| 12:30-1:00pm | Lunch served |
| <u>1:00-2:00pm</u> | <u>Self-Development Program Workshop</u> |
| <u>2:00-5:00pm</u> | <u>Private coaching session</u> |
| 5:30-6:30pm | Dinner |
| 6:30-9:00pm | <i>Program homework/Free time</i> |
| 9:00-10:00pm | Evening routine/Lights out |

| Day 3: | |
|----------------------|-----------------------------------|
| 8:00-10:00am | Morning routine/Breakfast served: |
| <u>10:30-12:00pm</u> | <u>Private Yoga Class</u> |
| 12:30-1:00pm | Lunch |
| <u>1:00-2:00pm</u> | <u>Self-development Workshop</u> |
| <u>2:00-5:00pm</u> | <u>Private coaching session</u> |
| 5:30-6:30pm | Dinner |
| 6:30-9:00pm | Program homework/Free time |
| 9:00-10:00pm | Evening routine/Lights out |

| Day 4: | |
|----------------------|---|
| 8:00-9:30am | Morning routine/Breakfast served between: |
| <u>10:00-11:30am</u> | <u>Service</u> |
| 12:30-1:00pm | Lunch |
| 1:00-2:00pm | Self-development Workshop |
| 2:00-5:00pm | Private coaching session |
| 5:30-6:30pm | Dinner |
| 6:30-9:00pm | Free time/Evening routine/Lights out |

Day 5:

8:00-10:00am

Morning routine/Breakfast served between:

12:00pm

Check-out

*Thank
you!*