

# SIRIUS\*RECOVERY

## WEEK AT-A-GLANCE

| Time          | Monday                           | Tuesday                          | Wednesday                        | Thursday                         | Friday                           | Saturday                         | Sunday                           |
|---------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 7:00-8:00     | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       |
| 8:00-9:00     | Breakfast                        | Breakfast                        | Breakfast                        | Breakfast                        | Breakfast                        | Breakfast                        | Breakfast                        |
| 9:00 - 11:00  | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> |
| 11:30 - 12:30 | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       |
| 12:30 - 1:00  | Dinner                           | Dinner                           | Dinner                           | Dinner                           | Dinner                           | Dinner                           | Dinner                           |
| 1:00 - 2:00   | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          | <i>Qigong / Tai Chi</i>          |
| 2:00 - 5:00   | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> | <i>Assignments / Individuals</i> |
| 5:00 - 6:00   | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       | Meditation                       |
| 6:00 - 6:30   | <i>Supper</i>                    | <i>Supper</i>                    | <i>Supper</i>                    | <i>Supper</i>                    | <i>Supper</i>                    | <i>Supper</i>                    | <i>Supper</i>                    |
| 7:00 - 9:00   | Cinematherapy / Float Tank       | Cinematherapy / Float Tank       | Cinematherapy / Float Tank       | Cinematherapy / Float Tank       | Access Breathwork Session        | Cinematherapy / Float Tank       | Sweat (every two weeks)          |
| 9:00 - 10:00  | Processing                       | Processing                       | Processing                       | Processing                       | Access Breathwork Session        | Processing                       | Sweat (every two weeks)          |