

Typical Weekly Schedule for El Cielo Immersion Program (subject to change)

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
630am	Meditation	Meditation	Meditation	Meditation	Meditation	Rest	Rest
7am	Service	Yoga or movement	Service	Yoga or movement	Service	Rest	Rest
830am	Breakfast with morning cards	Breakfast with morning cards	Breakfast with morning cards	Breakfast with morning cards	Breakfast with morning cards	Rest	Rest
9am	Team meeting	Team meeting	Team meeting	Team meeting	Team meeting	Rest	Rest
10am	Healing Circle	Healing Circle	Service	Healing Circle	Healing Circle	Rest	Rest
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Rest	Rest
1pm	Team circle and work meeting	Team circle and work meeting	Team circle and work meeting	Team circle and work meeting	Team circle and work meeting	Rest	Rest
1:30:3pm	Rest	Rest	Rest	Rest	Rest	Rest	Rest
3-6pm	Service	Service	Service	Service	Service	Rest	Rest
6pm	Dinner with Gratitudes	Dinner with Gratitudes	Dinner with Gratitudes	Dinner with Gratitudes	Dinner with Gratitudes	Rest	Rest
7pm	Help with dinner clean-up	Rest	Help with dinner clean-up	Rest	Help with dinner clean-up	Rest	Rest