Hour	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	18 July	19 July	20 July	21 July	22 July	23 July	24 July	25 July	26 July	27 July
8:00 - 8:30		Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom	Wake up, tidy room, bathroom
8:30 - 9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 9:15		Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements	Welcome / morning announcements
9:15 - 9:35		Mindfulness topic the day "Ensemble / Community" Meditation 5 min	Mindfulness topic of the day " Truth" and 6 min meditation	Mindfulness topic of the day "Awareness" and 7 min meditation		Mindfulness topic of the day "Simplicity" and 8 min meditation	Mindfulness topic of the day "Collaboration" and 9 min meditation	Mindfulness topic of the day "Love" and 10 min meditation		Mindfulness topic of the day "Service" and 10 min meditation
9:35- 10:15		linklater voice)	Review of the previous three days	Physical / vocal warm-up	Physical / vocal warm-up	Physical / vocal warm-up	Review of the previous three days	Physical / vocal warm-up		
10:15- 10:45		What does Mindfulness mean to you? What are qualities of Mindfulness? What are qualities of theatre/ performance?	Building a Character: What is Character? What is having Character? What is A Character?	What is Spacial Awareness? Zip,Zap,Zop; Bippoty bop		What is a story: structure, plot; begining, middle, end; comedy vs tragedy	View points; The question game; Walking game; two-line scenes.	Performance group scene work		Scene work performed

10:45 - 11:15		Intro to Theatre : what is it, where did it come from, who does it?	Essence of; Enemy/Friend; The person who; Rasa boxes; The walking Game; Archetypes; The party game	View points- Grid workd - action/reaction		Fairytale; Polaroid tablaue/ slideshow; Incapacitated;	Group scene work			
11:15 - 11:30		Snack	Snack	Snack	Snack	Snack	Snack	Snack	Snack	Snack
11:30 - 12:10	Departure to Baisoara	Ensemble games: Yes, And? Name game; Machine; Yes, Let's; View Points; Group Alphabet	Essence of; Enemy/Friend; The person who; Rasa boxes; The walking Game; Archetypes; The party game	Blindfold Maze		Short improvisation structure; "I got you a present;"	Group scene work	Present scene work		Beyond the play - discussing service, talk- backs, theatre of the oppressed, how a play can be in service to the community
12:10 - 12:30		Themes and Ideas	Essence of; Enemy/Friend; The person who; Rasa boxes; The walking Game; Archetypes; The party game	Blindfold maze	Class trip	Break into groups and choose short scene topic	Group scene work	Feedback	Class trip	Final Relflection / Discussion
12:30 - 13:00	Lunch	Final Reflection/Discu ssion/Mediation	Final Reflection/Discu ssion/Mediation	Final Reflection/Discu ssion/Mediation		Final Reflection/Discu ssion/Mediation	Final Reflection/Discu ssion/Mediation	Final Reflection/Discu ssion/Mediation		Final Reflection / Discussion /
13:00 - 14:00	General assembly –with	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Mediation
14:00 - 15:00	questionnaire of expectations	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking	Hiking	

15:00 - 15:30	Room allocation									
15:00 - 17:00	16:00 -17:00 easy hiking	Music therapy	Music therapy	Music therapy	Music therapy					
17:00 - 17:30		Snack	Snack	Snack	Snack	Snack	Snack	Snack	Snack	General assembly
17:30 - 18:30	Music therapy	Music therapy	Music therapy	Music therapy	Music therapy	Music therapy	Music therapy	Music therapy	Music therapy	17:30-18:00 Wrapping out
18:30 - 19:30		Private health coaching/walk	Private health coaching/walk	Private health coaching/walk	Private health coaching/walk	18-18:30 Dinner				
19:30 - 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	19:00 Departing the camp
20:00 - 20:30	Music therapy	After dinner mindful walk	After dinner mindful walk	After dinner mindful walk	After dinner mindful walk					
20:30 - 21:00		Private health coaching	Private health coaching	Private health coaching	Private health coaching	Campfire/desser t/story telling	Private health coaching	Dessert and dance party	Private health coaching	
21:00 - 21:30	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	Music mindful meditation	