

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	7:00 – 8:15	Informal breakfast / getting up / meds	Informal breakfast / getting up / meds	Informal breakfast / getting up / meds	Informal breakfast / getting up / meds	Informal breakfast / getting up / meds		
	8:15 – 9:00	Yoga / meditation / exercise	Yoga / meditation / exercise	Yoga / meditation / exercise	Yoga / meditation / exercise	Yoga / meditation / exercise	Breakfast	Breakfast
	9:00 – 9:30	Intentions Group	Intentions Group	Intentions Group	Intentions Group	Intentions Group	T'ai Chi Exercise	T'ai Chi Exercise
	9:30 – 10:20	Process Group	Group (Interpersonal Effectiveness)	Group (Values)	Process Group	Group (Interpersonal Effectiveness)	T'ai Chi Exercise	T'ai Chi Exercise
	10:30 – 11:15	Individual/ Family Sessions	Individual/ Family Sessions	Individual/ Family Sessions	Individual/ Family Sessions	Individual/ Family Sessions	Intentions group	Intentions group
	11:20 - 12:30	Group (DBT)	Group (DBT)	Group (DBT)	Group (DBT)	Group (DBT)	Therapy group	Cooking
	12:30 – 1:30	Lunch	Lunch (mindful)	Lunch	Lunch (mindful)	Lunch	Lunch	Lunch
PM	1:30 – 3:30	Individual Sessions + adjunct*	Individual Sessions + adjunct*	Individual Sessions + adjunct*	Individual Sessions + adjunct*	Individual Sessions + adjunct*	Group activity	Group activity
	3:30 – 5:00	Exercise w trainer/outdoor activity	Exercise w trainer/outdoor activity	Exercise w trainer/outdoor activity	Exercise w trainer/outdoor activity	Exercise w trainer/outdoor activity	Group activity	Group activity
	5:00 - 5:50	Group (Family)	Group (Mindfulness)	Group (Family)	Group (Mindfulness)	Group		
	6:00 – 7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	7:00 - 9:00	Dinner/ Exposure	Storytelling	Self-help meeting (town)	Music/ Performance	Sruti group in town		AA meeting
		Free Time	Free time	Free time	Free time	Free time	Free time	Free time
	9:00	Sleep hygiene group (voluntary)	Yoga nidra	Yoga nidra	Sleep hygiene group (voluntary)	Yoga nidra		
	11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights out	Lights out	

***Adjunct Sessions include:**

- 1) Prolonged Exposure Sessions (for PTSD/Trauma)
- 2) SE/EMDR Sessions
- 3) Nutrition consultation
- 4) Social Anxiety Training
- 5) Anger Management Training
- 6) Cognitive Behavioral Training for Insomnia
- 7) Physical Workout Consultation
- 8) Discharge Planning with intake Ph.D.
- 9) Psychiatric appointment with M.D.
- 10 "Sessions" with local interests (artisans, farmers, Kripalu etc)

Activities

- 1) Mindful eating meals periods
- 2) Dinner in town/practice
- 3) Music/art
- 4) "Build a Skill"...cooking, instrument, knitting, bread
- 5) Hiking
- 6) garden