




WOMEN IN DIALOGUE TIMETABLE

Where meaningful discussions and mindful yoga merge

TIMES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
7:30-8:00 AM	Flight	Meditation (optional)	Meditation (optional)	Meditation (optional)	Meditation (optional)	Breakfast		
8:00-9:00 AM		 Start the day with an energetic, flow Yoga with Shitu				Packing and getting ready for departure		
9:00-10:00 AM		Breakfast	Breakfast	Breakfast	Breakfast			
10:00-11:00 AM		Break					Transfer to airport	
11:00-1:00 PM		 Workshops on dialogue, problem solving & self esteem with Marie						
1:00-2:00 PM		Arrival & transfer to resort	lunch	lunch	lunch	Lunch out	Flight back to Hong Kong	
2:00- 5:00 PM			Free time (biking, cooking, Thai boxing)	Free time (biking, cooking, Thai boxing)	Free time (biking, cooking, Thai boxing)	charity work		
5:00-6:00PM			 End your day with a relaxing, stretching yoga with Shitu					
6:00- 7:00PM			Showers and getting ready for dinner					
7:00-9:00 PM			Dinner at resort	Dinner at resort	Dinner at resort and camp fire	Dinner at resort		Dinner out & Night market