





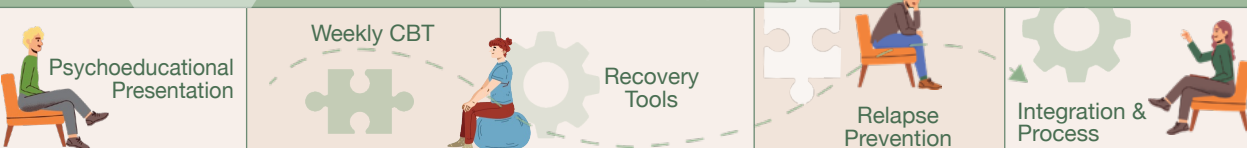

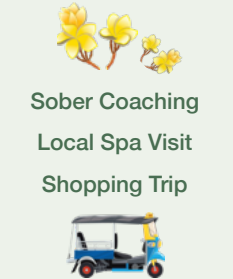















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Program	Sunday Program	
<b>HOPE</b> REHAB Thailand Morning Program	GYM HIKING STRETCHING	SWIMMING	 <b>Morning Exercise</b>		CIRCUIT TRAINING YOGA	RESERVOIR HIKING TEMPLE WALK LOCAL HEALTH PARK	BIKING	
7:30	 <b>Breakfast</b>							
9:00	 Morning Meditation Practice					Saturday Topic Group	 <b>Island Excursion</b> Lunch at Secret Beach	
9:30	 Gratitude Circle and Coffee					Graduations & Celebrations		
10:00	 Healthy Smoothie Break					Fishing Village		
10:30	<b>Group Therapy</b> 					 Meeting		 <b>Sober Coaching</b> Local Spa Visit Shopping Trip
13:00	 <b>Lunch</b>					Lunch at Thai Offspring Restaurant		
Afternoon Program	<b>INDIVIDUAL SESSIONS</b>					 Massage & Fitness Thai Boxing		
14:00	<b>RECOVERYPLUS</b>							
14:00	 <b>T.R.E Trauma work</b>					Fun Activities by Interns		
15:00	 Yoga & Restorative	 Breath Work	 Nidra Work				 Candlelight Meditation	
Evening Program	 Dharma Recovery	 Mindfulness Training at the Museum	 Women's Group Evening Recovery Meeting	 Mindfulness Training at the Museum	Advanced Mindfulness Training Community Health Park Visit			
 Japanese Restaurant						<b>Dinner</b>		