

SCHEDULE MEXICO retreat KEITH DOWMAN

June 25th to 27th, 2021

SCHEDULE JUNE 25th (MEXICO TIMING)

11:30 a.m.	Registration / Zoom connection
12:00 p.m.	Welcome/ Introduction: 1 st Group Zoom session and question time
14:00	Lunch
15:00	Interviews
15:00 – 17:00	2 nd Solitary Session
17:00	Beverage, exercise (walking)
19:00 – 21:00	3 rd Solitary Session
21:00	Dinner
24:00 – 02:00	4 th Solitary Session

SCHEDULE JUNE 26th (MEXICO TIMING)

05:00 – 07:00	1 st Solitary Session
08:00	Breakfast
09:00 – 11:00	2 nd Solitary Session
11:00 – 11:30	Beverages, exercise(walking)
12:00 – 14:00	3 rd Group zoom session, question time
14:00	Lunch
15:00	interviews

15:00	Exercise (walking)
17:00 – 19:00	4 th Solitary Session
19:00	Exercise (walking)
21:00	Supper
24:00 – 02:00	5 th Solitary Session

SCHEDULE JUNE 27th (MEXICO TIMING)

05:00 – 07:00	1 st Solitary Session
08:00	Breakfast
09:00 – 11:00	2 nd Solitary Session
11:00 – 11:30	Beverages, exercise(walking)
12:00 – 14:00	Debriefing / closure: 3 rd Group Zoom session
14:00	Lunch
15:00	Exercise (walking)
17:00 – 19:00	4 th Solitary Session
19:00	Exercise (walking)
21:00	Supper
22:00 – 24:00	5 th Solitary Session