

# Healing Soldiers, Inc.

## Sample Workshop Schedule

*Note: Though content will slightly vary per workshop, the basic schedule will remain the same.*

Wednesday	6:00pm	Please arrive at the workshop site, Thunderbird Lodge in Chinle, AZ, by 6:00pm & check-in to your room.
	6:00 - 7:00pm	Dinner at Thunderbird Restaurant
	7:15 - 9:30pm	Meet in the conference room for group check-in, guidelines, & QA
Thursday & Friday	7:00 - 8:00am	Breakfast
	8:15 - 8:45am	Morning Meditation
	9:00 - 12:00pm	Group
	12:00 - 1:00pm	Lunch
	1:30 - 5:00pm	Group
	5:00 - 6:00pm	Dinner
	6:30 - 9:00pm	Massage Treatments
	9:00 - 10:00pm	Relaxation Exercise
	10:00pm	Lights Out
Saturday	7:00 - 8:00am	Breakfast
	8:30am	Leave for Alfred's
	9:30 - 11:30am	Sweat Lodge Teachings
	11:30 - 12:00pm	Light Lunch
	12:00 - 4:00pm	Sweat Lodge Ceremony
	4:00 - 5:00pm	Preparing Traditional Meal
	5:00 - 6:00pm	Dinner
	6:00 - 8:00pm	Traditional Doctoring
	8:00 - 8:45pm	Drive Back to T-Bird Lodge
	10:00pm	Lights Out
Sunday	7:00 - 8:00am	Breakfast
	8:15 - 8:30am	Morning Meditation
	8:30 - 9:30am	Aftercare Planning
	9:30 - 10:30am	Group Closing