

	Sat 27 Jul	Sun 28 Jul	Mon 29 Jul	Tue 30 Jul	Wed 31 Jul	Thu 1 Aug	Fri 2 Aug	Sat 3 Aug		
7am		7.30 – 8.30am Breakfast								
8										
9		8.50am – Start the Day the Student Way (Sunday to Friday) <b>Knighton Suite</b>								Students depart after breakfast
10		9.15am – Morning Course Work begins  Tea and Coffee break to be decided by tutor								Late checkout 11am
11										
Noon										
1pm		12.45 – 1.45pm Lunch								
2		2 - 4.30pm Student Registration  <b>Yarnfield Reception Area</b>	2pm Afternoon Course Work begins  Tea and Coffee break to be decided by tutor					2pm Afternoon Course Work begins		
3								4pm Sharing Session <b>Various Locations</b>		
4										
5	5pm School Meeting <b>Knighton Suite</b>									

	Sat 27 Jul	Sun 28 Jul	Mon 29 Jul	Tue 30 Jul	Wed 31 Jul	Thu 1 Aug	Fri 2 Aug	
							<b>Murder on the Orient Express</b>	
				From 5.30-9pm Massage Sessions <sup>1</sup>	From 5.30-9pm Massage Sessions <sup>1</sup>	From 5.30-9pm Massage Sessions <sup>1</sup>		
<b>6pm</b>	6-7pm Dinner							
<b>7</b>		6.45-7.45pm Dementia Friendly with Tracy Crum		Massage sessions continue	Massage sessions continue	Massage sessions continue	7-8.30pm Dinner on the Orient Express	
<b>8</b>	7.30-9pm Course Introductory Session	8-9.30pm Quiz <b>Knighton Suite</b>	7.30pm Optional Evening Sessions <sup>4</sup>	7.30pm Relaxation with Sarah Stanton <sup>2</sup>	7.30pm Optional Evening Sessions <sup>4</sup>	7pm Laughter Yoga with Kathy & Gemma	Partying on the Orient Express <b>Bar</b>	
<b>9</b>					8.30pm Ceilidh <b>Bar</b>			7.30pm Relaxation with Sarah Stanton <sup>3</sup>
<b>10</b>				9.30pm SingalongaPhil <b>Bar</b>				8.30pm Burlesque with Elaine
<b>11</b>						8.30pm Film Night <b>Knighton Suite</b>	1am Bar Closes 2am Carriages	
<b>Midnight</b>	Midnight – Bar Closes							
<b>1am</b>								

<sup>1</sup> Massage Sessions: The 25-minute sessions range from £27 to £37 depending upon individual requirements. They are offering Swedish, Hot Stones, Warm Bamboo and Cupping Therapy. Booking Sheets will be available in the HUB from Saturday 27th July. Payment will be required when booking - cash or cheque no cards.. See Kay.

<sup>2</sup> 30 minutes of gentle cool down stretches and mindful relaxation to help us combat midweek meltdown and set us up for the rest of the week. Please wear comfortable clothes and bring a yoga mat, pillow, cushion etc. if you want, as we will be using the floor for the relaxation. (A duvet will be fine). Limited spaces, please book in the Hub

<sup>3</sup> 30 minutes of gentle cool down stretches and mindful relaxation to set us up for the end of week activities. Please wear comfortable clothes and bring a yoga mat, pillow, cushion etc. if you want, as we will be using the floor for the relaxation. (A duvet will be fine). Limited spaces, please book in the Hub

<sup>4</sup> Please register your options online or see Kay in the Hub. Evening lists will be posted in the Hub