

Community Day Rehab - 8 Week Programme



Monday to Friday - arrive at 09.30



<u>Time</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
09.45	Breathwork	Breathwork	Breathwork	Breathwork	Breathwork
10.30	Break	Break	Break	Break	Break
10.45	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group
12.00	Lunch	Lunch	Lunch	Lunch	Lunch
12.45	Reflections	Reflections	Reflections	Reflections	Reflections
13.45	Break	Finish	Break	Break	Break
14.00	Therapy Group		Yoga	Acupuncture/ Quiet Time	Games/Art
15.00	Debrief / 121s		Debrief / 121s	Debrief / 121s	Debrief / 121s
15.30					
16.00	Finish		Finish	Finish	Finish