



## SPRINGBROOK RAINFOREST RETREAT TIMETABLE 2021

	FRIDAY 29	SATURDAY 30	SUNDAY 31
<b>BREAKFAST</b>	FROM 9.30AM LOAD IN AND SETUP HELPERS WELCOME!	7:00am to 8:00am	7:00am to 8:00am
<b>SESSION ONE</b>		9am to 10am	9am to 10am
<b>MORNING TEA</b>		10am	10am
<b>SESSION TWO</b>		11:30am to 12:30pm	11:30am to 12:30pm
<b>LUNCH</b>		12:30pm	12:30pm
<b>AFTERNOON TEA</b>		3:00pm	PACK DOWN AND CLEAN UP HELPERS WELCOME
<b>SESSION THREE</b>		4:30pm to 5:30pm	
<b>REGISTRATION</b>	4:00pm to 6:00pm		
<b>DINNER</b>	6:30pm	6:00pm	
<b>CHANTED MEDITATION</b>		7:30pm to 8:45pm	
<b>INTRODUCTION</b>	8:00pm to 9:00pm		

THE BOOKSHOP WILL BE LOCATED AT THE BACK OF THE MEDITATION ROOM AND WILL BE OPEN AFTER EVERY SESSION (EXCLUDES SATURDAY NIGHT'S CHANTED PRAYERS)