

## 5-Day Retreat Timetable at Somerton Lodge

### Day 1: Monday Evening - Arrival and Welcome

#### Evening:

- **6:00 PM - Arrival and Check-In**
  - Guests arrive, check-in, and settle into their rooms.
- **7:00 PM - Welcome Buffet**
  - Enjoy a delicious welcome buffet and get to know each other.
- **8:00 PM - Icebreakers**
  - Fun activities to break the ice and foster connections.
- **9:30 PM - Retire for Relaxing Sleep**
  - Wind down and prepare for a restful night's sleep.

### Day 2: Tuesday - Learning and Reflection

#### Morning:

- **8:30 AM - Morning Meditation and Daily Reflection Discussion**
  - Start the day with a guided meditation and group discussion on reflections.
- **9:00 AM - Breakfast**
  - Healthy breakfast to fuel the day.
- **9:45 AM - Workshop: How We Learn / Bloom's Taxonomy / Conscious Competence**
  - Interactive session on learning processes and personal development.

#### Afternoon:

- **12:30 PM - Light Lunch**
  - Enjoy a light and nutritious lunch.
- **1:30 PM - Beach Walk and Talk**
  - Take a relaxing walk along the beach while engaging in meaningful conversations.
- **5:00 PM - Dinner**
  - Savour a wholesome dinner.

#### Evening:

- **7:00 PM - 12 Step Meeting and Social Time**
  - Participate in a 12 Step Meeting followed by informal social time.

### Day 3: Wednesday - Deepening Understanding

#### Morning:

- **8:30 AM - Morning Meditation and Daily Reflection Discussion**
  - Begin the day with meditation and a discussion on reflections.
- **9:00 AM - Breakfast**
  - Nutritious breakfast to start the day right.
- **9:45 AM - Workshop: Breaking Down the 'Disease of Addiction'**
  - In-depth session on understanding addiction.

#### Afternoon:

- **12:30 PM - Light Lunch**

- Enjoy a light lunch.
- **1:30 PM - The Integrated Step Course: Step One (Brief Introduction)**
  - Introduction to the first step of the Integrated Step Course.
- **5:00 PM - Dinner**
  - Delight in a delicious dinner.

#### Evening:

- **7:00 PM - Recovery Movie Meet-Up**
  - Watch an inspirational movie focused on recovery and resilience. See our blog on Recovery Movie Meet Ups to find out more about this fabulous tool. Welcome

### Day 4: Thursday - Exploring Recovery Steps

#### Morning:

- **8:30 AM - Morning Meditation and Daily Reflection Discussion**
  - Start the day with a calming meditation and reflection discussion.
- **9:00 AM - Breakfast**
  - Enjoy a healthy breakfast.
- **9:45 AM - The Integrated Step Course: Step Two (Brief Introduction)**
  - Introduction to the second step of the Integrated Step Course.

#### Afternoon:

- **12:30 PM - Light Lunch**
  - Light and nutritious lunch.
- **1:30 PM - The Integrated Step Course: Step Three (Brief Introduction)**
  - Introduction to the third step of the Integrated Step Course.
- **5:00 PM - Dinner**
  - Wholesome dinner to end the day.

#### Evening:

- **7:00 PM - Free Time / Woodland Walk / Informal Discussions**
  - Optional activities include a woodland walk or informal discussions.

### Day 5: Friday - Wrapping Up

#### Morning:

- **8:30 AM - Morning Meditation and Daily Reflection Discussion**
  - Final morning meditation and reflection discussion.
- **9:00 AM - Breakfast**
  - Nutritious breakfast to start the last day.
- **9:45 AM - Workshop: Cognitive Distortions / Shortcomings**
  - Session on identifying and overcoming cognitive distortions.

#### Afternoon:

- **12:30 PM - Light Lunch and Departure**
  - Light lunch before departure, reflecting on the retreat experience and setting intentions for continued recovery.