

# Spiritual Bootcamp

(Note: These are sample session titles. I alter the content of sessions to follow the flow of the group)

	Thurs	Friday	Sat	Sun	
6.30		Osho Dynamic Meditation	Osho Dynamic Meditation	Osho Dynamic Meditation	
7.30		Hosedown!	Hosedown!	Hosedown!	
8.00		Breakfast	Breakfast	Breakfast	
9.15		Bioenergetic Theory & Questions	Bioenergetic Theory & Questions	Bioenergetic Theory & Questions	
10.30		Session: Stand Up for Yourself. Getting into Your Power!	Session: Releasing the Past	Session: Moving Forwards & Positivity – I am great!	
13.00		Lunch	Lunch	Lunch	
15.30		Circle Sharing	Circle Sharing	15.00 – Final Sharing & Close	
16.30	Dinner	Session: Returning to Bliss	Session: Increasing Sexual Vitality		
18.30		Dinner	Dinner		
19.15		Help with Dishes	Help with Dishes		
20.30		Opening Circle followed by Session	Gentle Session	Gentle Session	
21.30		Bar Hangout or Bedtime	Bar Hangout or Bedtime	Bar Hangout, Yurt Sauna or Bedtime	
23.00					