

Typical Daily Schedule

8:30-9:00	Breakfast
9:00-10:00	Yoga & Movement Class
11:00-11:50	Neuromuscular Therapy
12:00-1:00	Lunch
1:30-2:00	Meet for kitchen concept
2:00-3:00	Meet for daily activity— Beach walk Group Therapy Cooking Class
5:00-6:00	Dinner
6:00-7:00	Cards, scrabble & Games with other guests