

	Synergy Flagship Programming Women's House				
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	On Awakening - Get ready for the day				
10:00 AM	Daily Reflection	Daily Reflection	Bevin Yoga	Daily Reflection	Daily Reflection
11:00 AM	Breath Work/ Body Keeps Score	Meditation	Bevin Walk	Co-Dependent No More	Activity
12:00 PM	Lunch				
1:00 PM	Nutrition	Creative Hour	Step/ Tradition Study	Yoga at Be and Breathe	Activity
2:00 PM	Yoga	Binderwork	Exercise	Yoga at Be and Breathe	Activity
3:00 PM	House reset / Tidy up / Chores				
4:00 PM	Free Time				
5:00 PM					
6:00 PM	Dinner				
7:00 PM					
8:00 PM	Outside 12-step meeting				
9:00 PM					
10:00 PM	Community Time				
11:00 PM					
	<p><i>*All Phase W & 1 residents MUST participate unless approved by staff. Phase 2 and 3 residents are encouraged to participate. Any Clincial, work, and academic responsibilities come before house programming.</i></p>				