



# Lanna Private Treatment Schedule

Start	End							
7.30am	8am	Yoga / Fitness	Yoga / Fitness	Yoga / Fitness	Yoga / Fitness	Yoga / Fitness	Free Time	Free Time
8.15am	9am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15am	10.15am	CBT	Relapse Prevention	CBT	Mindfulness	CBT/ACT	Excursion	Meeting in the Park
10.30am	11.30am		Art Therapy		Art Therapy			
11.30am	12.30am	Private Time	mini excursion	Private Time	mini excursion	Private Time		
12.30pm	1.30pm	Lunch	Lunch	Lunch	Lunch	Lunch		
1.30pm	2.30pm	Private Therapy	Private Therapy	Private Therapy	Private Therapy	Private Therapy		
2.30pm	3.30pm	Gym	Muay Thai	Gym	Muay Thai	Gym		
3.30pm	4.30pm							
4.30pm	5.30pm	Massage	Private Time	Massage	Private Time	Massage		
5.30pm	6.30pm	Private Time	Reike	Private Time	Reike	Private Time		
6.30pm	7.30pm	Dinner	Dinner	Outside Dinner	Dinner	Dinner		
7.15pm	8.30pm	Private Time	Private Time	Private Time	Private Time	Private Time		
8.30pm	9pm	Closure	Closure	Closure	Closure	Closure		