



DAILY SCHEDULE

06.00 - 06.15 AM	Wake upCoffee / Tea
06.15 - 06.45 AM	Fresh up
06.45 - 07.00 AM	Prayer, Daily Readings and Reflection
07.00 - 07.45 AM	Yoga / Exercise / Gym workout
07.45 - 08.30 AM	House-keeping
08.30 - 09.00 AM	Personal Hygiene
09.00 - 09.30 AM	Breakfast with Coffee / Tea
09.30 - 10.00 AM	Silent Hour / Reflection
10.00 - 11.30 AM	Group Therapy
11.30 - 11.45 AM	Coffee / Tea Break
11.45 - 01.00 PM	Writing & Step work session
01.00 - 01.30 PM	Lunch Break
01.30 - 03.00 PM	Rest
03.00 - 03.30 PM	Fresh-up...Coffee / Tea and Snacks
03.30 - 04.30 PM	Thoughts & Feelings / Personality Development / Life skills / Group Therapy / AV Sessions
04.30 - 06.30 PM	Indoor Games / TV / Entertainment / Gym
06.30 - 06.55 PM	Personal Hygiene
07.00 - 08.00 PM	In-house Recovery Meeting
08.00 - 08.30 PM	Short Break
08.30 - 09.00 PM	Dinner
09.00 - 09.15 PM	Medicines / Milk
09.45 - 10.00 PM	Night Prayer / Surrender
10.00 PM	Lights Off