

	THURS	FRI	SAT	SUN
0830-0930	BREAKFAST			
0930-1100		<p>Morning practice / Greeting the Day</p> <p>Music Medicine – Teaching Session – The Art of Facilitation in rhythm, sound, harmony and silence</p>	<p>Morning practice / Greeting the Day with music</p> <p>Frame Drum Lesson – 4 Elements of Earth, Water, Fire, Air</p> <p>The science of music medicine – power point presentation</p>	<p>Morning Practice &amp; Learning Review</p> <p>Facilitation Practice in Small Groups</p>
1100-1130	BREAK			
1130-1300		Music Medicine – Alone time with sound in Nature	Music Medicine Break Out Groups – Rhythm, Melody, Harmony, Silence	Music Medicine Full Demonstration – the Medicine of Cultural Sharing
1300-1400	LUNCH			
1400-1600		Music Medicine – LIVE at the Rhythm Sanctuary – an outdoor SOUND path, connecting with Nature.	TBC	Music Medicine Closing Session
1600-1630	BREAK			
1630-1800	ARRIVALS	Music Medicine – Facilitation Practice	Music Meditation with guest facilitator Meg Beresford	
1800-1900	DINNER			
2000-2200	<p>Introductory Music Medicine Experience</p> <p>Sonic Smudging – aka “the car wash”- using sound to cleanse</p> <p>Evening Jam Time – soft sound room, rhythm room, song sharing at the nook</p>	Fire Circle and Ceremony (Weather permitting)	Embodying Rhythm through Movement Medicine – a group experience	