

Sample Schedule

7:00am

A healthy, delicious breakfast prepared by Chef. Then morning movement by participating in yoga or a walk around the labyrinth

9:00am

Process Group or Equine Experience; led by a masters level clinician with a focus on substance use and underlying core issues

1:30pm

Individual Session: Meet one-on-one with clinician, nutritionist, physician

3:30pm

Psycho-educational group or Acupuncture

7:30pm

Mutual aid support group or guest speaker

8:30am

Sunrise Meeting; Set goals and intentions for the day with your peers; reflect on your gratitude list

12:00 pm

Nutritious lunch prepared by Chef with a focus on individual dietary needs

2:30pm

Small group yoga session with therapeutic yoga instructor

5:00pm

Dinner, with peers, prepared by Chef

8:30pm

Evening snack, independent study and lights out at 10pm to maintain good sleep hygiene

This sample schedule includes what you might expect on a day at Soberman's Estate. Scheduling changes will be made to accommodate individualized treatment. A variety of fitness and expressive art exercises may be scheduled on weekends.