

# 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**

12-step meeting or guest speaker

*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.*



**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**

Business access time: Use of phone and computer to keep you connected to work (supervised by staff)



**5:00pm**

Dinner, with peers, prepared by Chef



**8:30pm**

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

