



5-night Package Sample Schedule (Grief/Loss)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			<u>5:00-7:00 am</u> Twilight Therapeutic Beach Experience (GLGD)		
	<u>8:00-9:00 am</u> Breakfast	<u>8:00-9:00 am</u> Breakfast	<u>8:00-9:00 am</u> Breakfast	<u>8:00-9:00 am</u> Breakfast	<u>8:00-9:00 am</u> Breakfast
	<u>10:00-1:00 pm</u> Spa Session	<u>11:30-1:30 pm</u> Andromeda Garden Therapeutic Tour *(GLGD)	<u>9:30-2:00 pm</u> Island Tour (Bridgetown) Stop and Shop	<u>10:00-12:30 pm</u> Walker's Reserve Therapeutic Tour (GLGD)	Room Check out by 11:00 am
	<u>1:30-3:00 pm</u> Lunch at Animal Flower Cave	<u>1:30-2:30 pm</u> Lunch at Andromeda	<u>1:00-2:00 pm</u> Lunch on the road	<u>12:30-1:30 pm</u> Lunch Cottage Bar Grill for Breadfruit Bowls	
<u>5:00-6:00 pm</u> Welcome and Property Tour	<u>5:00-6:00 pm</u> Grief and Loss Lecture/Resource Fair	<u>5:00-6:00 pm</u> Music/Art Session	<u>5:00-6:30 pm</u> Memorial/Burial Planting/Prayer Service		
<u>6:00-7:30 pm</u> Supper and Introductions	<u>6:00-7:30 pm</u> Supper	<u>6:00-7:30 pm</u> Supper	<u>6:30-7:30 pm</u> Supper	<u>3:00-7:30 pm</u> Catamaran Sunset Cruise/Supper	

- Monday-Thursday from 5:30-6:30 am group exercise options available.
- Monday-Friday from 7:30-8:00 am morning strength/gratitude services available.
- GLGD: Grief and Loss Group Discussions
- Unscheduled times are opportunities for personal reflection, rest and relaxation on the property or at the beach. Guests also have the option to schedule additional tours during those times.



2-Night (Weekend) Package Sample Schedule

Friday	Saturday	Sunday
	5:00-7:00 am Twilight Therapeutic Beach Experience (GLGD)	
	<u>7:30-8:30 am</u> Breakfast	<u>7:30-8:30 am</u> Breakfast
	<u>9:30-2:30 pm</u> Catamaran Cruise with Lunch	<u>9:00-11:00 am</u> Andromeda Garden Therapeutic Tour (GLGD)
<u>4:00-5:00 pm</u> Welcome and Property Tour		<u>11:00-12:00 pm</u> Andromeda Brunch
<u>5:00-6:00 pm</u> Grief and Loss Lecture/Resource Fair	<u>5:00-6:30 pm</u> Memorial/Burial Planting/Prayer Service	<u>1:00-3:00 pm</u> Spa Treatment (Full body moisturizing and massage)
6:00-7:30 pm Supper and Introductions	<u>6:30-7:30 pm</u> Supper	

- GLGD: Grief and Loss Group Discussions
- Unscheduled times are opportunities for personal reflection, rest and relaxation on the property or at the beach. Guests also have the option to schedule additional tours during those times.