

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00– 8.45am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast (7.00-7.45am)
9.00– 11.00am		Discovery One & Two	Discovery Three	Discovery Four	Discovery Five	Discovery Six	Discovery & Conversation Seven (8.00- 11.00am)
12.00– 1.30pm		Lunch	Lunch	Lunch	Lunch	Lunch	
2.00– 2.50pm		Jeju Exploration	Personal Reflection / Spiritual Direction / Coaching	Jeju Exploration	Personal Reflection / Spiritual Direction / Coaching	Jeju Exploration	
3.00– 3.50pm							
4.00– 4.50pm	Check-In (early arrivals)	Reflection	Reflection	Reflection	Reflection	Reflection	
5.00– 6.00pm							
6.00– 7.15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7.30– 9.30pm	Check-In (late arrivals)	Conversation One & Two	Conversation Three	Conversation Four	Conversation Five	Conversation Six	