



Playing with Life's Possibilities



The Weekend Schedule

The Introductory Weekend Experience

Friday Evening 6pm - 9pm

The first evening of your weekend welcomes you to the experience offering a social engagement for participants to come together in the purpose and process of what will occur. Objectives, origins and opportunities of fun-filled activity set the tone for the weekend's experience to roll out with joyful ease.

Saturday 9am - 5pm

The morning begins with a review and check in and opens with an insightful application of the emotional education process followed by activities for joyful engagement. The afternoon continues with an infusion of breath and laughter activities and completes with a session of intuitive play. It is a potent day of engagement for body, mind and soul.

Sunday 9am - 3pm

The morning begins with review and a discussion circle of emotion and joy. It continues with expansive activities to appreciate levels of engagement with breath and laughter activities. The afternoon completes with insightful activities of energy, wisdom and play with an evaluation period for the body, mind and soul. A closing ceremony completes the Introductory experience.

Friday

5:30 pm Registration and Check in
6:00 pm Welcome and Introduction
6:30 pm Objectives, Origins and Opportunities
7:00 pm Evaluations and Definitions

7:30 pm Break
7:45 pm Interactive Group Activities
8:30 pm Grounding Exercise
8:45 pm Q & A, Closure, Saturday Agenda

Saturday

9:00 am Morning Reflections and Daily Evaluation
9:30 am Morning Breath activity
10:00 am Emotional Education
10:45 am Break
11:00 am Happiness & Joy Discussion and Activities
12:00 pm Lunch Break
1:30 pm Laughter Education
2:00 pm Laughter Infusion
2:45 pm Break
3:00 pm The Art of Play
3:30 pm Activities
4:30 pm Review, Evaluations, Q & A, Discussion
4:45 pm Sunday Agenda

Sunday

9:00 am Morning Reflections and Daily Evaluation
9:30 am Morning Breath activity
10:00 am Response-Abilities Activities
10:45 am Break
11:00 am Joyful Laughter Immersion
12:00 pm Lunch Break
1:30 pm Intuitive Play
2:15 pm Energy Matters
2:30 pm Review, Q & A, Discussion
2:45 pm Closing Ceremonies