

BREGMAN

LEADERSHIP INTENSIVE

Program Schedule

Day 1

6:00-7:00pm Dinner

7:00-9:30pm Program Session

Days 2,3,4

7:00-8:30am Yoga and Meditation

8:30-9:30am Breakfast

10:00am-1:00pm Program Session

1:00-2:00pm Lunch

2:30-5:30pm (*2:30-6:00pm on Day 4) Program Session

6:00-7:00pm Dinner

7:30-9:00pm Evening Session

Day 5

7:00-8:30am Yoga and Meditation

8:30-9:30am Breakfast

10:00am-1:00pm Program Session

1:00-2:00pm Lunch

*Please bring your journal/notebook to each program session, including morning yoga and evening sessions.