

FRIDAY	
2.15pm - 3pm	Option to book a practice slot for those able to arrive early
3pm – 3.45pm	Option to book a practice slot for those able to arrive early
3.45pm – 4.30pm	Option to book a practice slot for those able to arrive early
4.30pm – 5.15pm	Option to book a practice slot for those able to arrive early
5.15pm – 6pm	Option to book a practice slot for those able to arrive early
6pm - 6.30pm	Participants arrive, have a cup or tea/glass of wine and meet each other
6.30pm – 7.00pm	Introduction to the weekend and mini workshop
7.00pm – 8pm	Supper
8pm – 9.00/9.20pm	Session 1 3 or 4 x 20-minute slots
SATURDAY	
9am - 10am	3 x 20-minute practice slots available (book on Friday eve)
10am - 11am	Session 2
11am - 11.30am	Break: tea/coffee
11.30 - 1pm	Session 3
1pm - 3pm	Lunch and afternoon break for walks, practice & downtime

2pm - 3pm	3 x 20-minute practice slots available (book on Friday evening)
3.00 – 4.00pm	Session 4
4pm – 4.30pm	Break: tea/coffee
4.30pm - 6pm	Session 5
6pm - 7pm	Supper
7pm - 9pm	3 x 20-minute practice slots available
SUNDAY	
9am - 10am	3 x 20-minute practice slots available
10am - 11am	Session 6
11am - 11.30am	Session 7
1pm - 2pm	Lunch
2pm - 3/4pm	Session 8: flexi-session/wrap up
4pm (or earlier)	Finish