

4 DAY INTENSIVE SCHEDULE FOR MYSTHAVEN

6 Therapy Sessions

Arrival Time

You are free to arrive at Mysthaven anytime after 4:00 pm for check-in. Dinner will be served at 6:00 pm. First session will be at 7:00 pm.

Meal Schedule

Thursday	Dinner 6:00 pm		
Friday	Breakfast 8:00 am	Lunch 12:30 pm	Dinner 6:00 pm
Saturday	Breakfast 8:00 am	Lunch 12:30 pm	Dinner 6:00 pm
Sunday	Breakfast 8:00 am	Lunch 12:30 pm	

Session Schedule

Thursday	7:00 pm – 10:00 pm
Friday	9:00 am -12:00 pm & 2:00 pm - 5:00 pm
Saturday	9:00 am -12:00 pm & 2:00 pm - 5:00 pm
Sunday	9:00 am -12:00 pm

Please note that this schedule may be subject to change.