

VIERNES

- 15:00 - 18:00 Check-in & Registration**
- 18:00 - 19:30 Welcome Meeting (3 Speakers)**
- 20:00 - 21:00 Dinner (Vegetarian Options Available)**
- 21:30 - 23:00 Candle Light Meeting (Emotional Meeting)**

SÁBADO

- 07:30 - 09:30 Breakfast**
- 07:30 - 08:30 Meditation / Yoga / Running (Choose what's best for you)**
- 10:30 - 12:00 Speakers Meeting (3 Speakers)**
- 12:30 - 14:00 Speakers Meeting (3 Speakers)**
- 14:00 - 15:00 Lunch (Vegetarian Options Available)**
- 17:00 - 20:00 Silent Hike & Open Air Meeting (We will go hiking in silence and have an open air meeting in the nature - the hike won't be longer than 1.5 hours overall)**
- 18:30 - 20:00 Open Meeting (For those that don't want to go hiking)**
- 20:30 - 22:00 Dinner (Vegetarian Options Available)**
- 22:00 - 23:30 Stand Up Comedy Meeting (Selected speakers will share about their funniest codependent moments)**

DOMINGO

- 07:30 - 09:30 Breakfast**
- 07:30 - 08:30 Meditation / Yoga / Running (Choose what's best for you)**
- 10:00 - 11:30 Workshop**
- 12:00 - 14:00 Closing Meeting (3 Speakers)**
- 12:00 - 14:00 Lunch (Vegetarian Options Available)**

THE PROGRAM IS SUBJECT TO CHANGES.

RECOVERY NOW!
12/10-14/10  **2018**

4th Canary Islands International CoDA Convention
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