**Dekeling Sample Schedules for Personal Retreat**

**6-hour sample schedule**

 6:15 – 7:15 First session

 7:15 – 9:30 Breakfast and break

 9:30 – 11:00 Second session

11:00 – 2:00 Lunch and break

 2:00 – 3:00 Third session

 3:00 – 4:30 Break

 4:30 – 6:00 Fourth session

 6:00 – 7:30 Dinner

 7:30 – 8:30 Fifth session

**8-hour sample schedule**

 6:15 – 7:45 First session

 7:45 – 9:30 Breakfast and break

 9:30 – 11:30 Second session

11:30 – 1:30 Lunch and break

1:30 – 3:00 Third session

3:00 – 4:30 Break

4:30 – 6:00 Fourth session

6:00 – 7:30 Dinner

7:30 – 9:00 Fifth session

**10-hour sample schedule**

 6:15 – 7:45 First session

 7:45 – 9:00 Breakfast and break

 9:00 – 11:30 Second session

11:30 – 1:30 Lunch and break

 1:30 – 3:00 Third session

 3:00 – 3:45 Break

 3:45 – 6:00 Fourth session

 6:00 – 7:15 Dinner

 7:15 – 9:30 Fifth session