

STAR Schedule

This is a guide and is subject to change

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:30-9:00 Breakfast	7:00-7:45 Group Breakfast
		Individual				Individual	Individual		Departures
	9:00-12:30 Group	9:30 -12:00 Group	Individual Work	Individual Work	Individual Work	10:00-12:30 Group	10:00-12:30 Group	9:30-12:30 Group	
	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	12:30-1:15 Lunch	
Arrival and Check in	1:30-2:30 Group	Individual	Individual	Individual		Individual	Individual	Individual	
	Individual Work	3:00-5:00 Group	3:00-5:00 Group	3:00-5:00 Group	1:15-5:00 Group	2:00-4:30 Group	2:00-4:00 Group	2:00-4:30 Group	
4:00-6:00 Group	Optional Group	Optional Group	Optional Group	Optional Group	Optional Group	Optional Group	Individual	Individual	
6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	5:30-6:30 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	
7:00-9:00 Group	7:00-9:00 Group	7:00-9:00 Group	7:00-9:00 Group	7:00-9:00 Group	7:00-9:00 Group	6:30-9:30 Group	7:00-9:00 Group	7:00-8:00 Group	

Group meetings take place in the Lodge building

Individual Work includes written work, meeting with your facilitator, individual sessions scheduled with a leader or bodyworker, and your personal time

Optional groups: Grief Group

Addictions & Compulsions (12-Step-like) group usually meets during lunch in the Arizona Room