



THE EMERALD
— SRI LANKA —

DAILY SCHEDULE

HEAL • RECOVER • THRIVE

 TIME	 ACTIVITY	 DETAILS / FOCUS
07:00 – 08:00	Wake Up	Health smoothies available anytime Electrolyte drinks available anytime
08:00 – 08:45	Breakfast	Coffee and choice of breakfast
09:00 – 09:30	Reflections / Gratitude / Goal Setting	Therapeutic process group/CBT/ psychoeducation/tools of recovery
09:45 – 10:30	Group session	Mindfulness/ relapse prevention/ psychoeducation
10:30 – 12:30	Gym/Yoga/Exercise	Choice of full gym/yoga 2-3X per week/outdoor exercise like hiking
12:30 – 13:00	Lunch	Choice of lunch menu
13:00 – 13:45	Group session	Mindfulness/ relapse prevention/ psychoeducation
14:00 – 14:30	Tea break	Tea and biscuits
14:45 – 16:45	Individual Sessions	Primary therapist/ psychiatrist/Kirstin recovery coaching/ Ryan 12 step
17:00 – 19:00	Break / Personal Time	
19:00 – 20:00	Dinner	Choice of dinner menu
20:00 onwards	Massages/personal time	Massage 2X per week

The schedule will depend upon detoxification period
and medication by the psychiatrist/Head of Therapeutic

A HEALTHIER MIND



A BRIGHTER FUTURE