

# Beat --- BURNOUT

## SAMPLE SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4
7 AM				
7:30				
8 AM				
8:30				
9 AM		PHYSICIAN PRESENTATION	DESTRESSING YOUR WORKOUT	
9:30				BERKSHIRE BEAT
10 AM				
10:30		ARCHERY	SHINRIN YOKU	
11 AM	TRAVEL DAY			TIME FOR INDIVIDUAL SERVICES
11:30				
12 PM				
12:30				FAREWELL LUNCH & LEARN
1 PM				
1:30		TIME FOR INDIVIDUAL SERVICES	TIME FOR INDIVIDUAL SERVICES	CLOSING CIRCLE
2 PM				
2:30				
3 PM				
3:30	PROPERTY TOUR & ORIENTATION			
4 PM				
4:30	OPENING CIRCLE / GUEST SPEAKER			
5 PM		STRESS, BURNOUT, & CRAVINGS	GRACE OVER GRIND: MINDFUL SELF-COMPASSION FOR BURNOUT RECOVERY	TRAVEL DAY
5:30				
6 PM	WELCOME DINNER	GROUP DINNER	GROUP DINNER	
6:30				
7 PM				
7:30		GUEST EXPERT DR. LAURIE SANTOS	GUEST EXPERT DR. LAURIE SANTOS	
8 PM				

CANYONRANCH.

## INCLUSIONS

### CORE SERVICES

- Personalized Physician Consultation
- CGM Application
- Sleep Screening
- Comprehensive Laboratory Panel
- Fasting Cortisol
- Stress Management
- Cultivating a Life of Purpose
- Personalized Nutrition Consultation
- Personalized Physician Consultation
- Virtual Follow-Up

### CHOICE SERVICES - Choose 1

- Acuphoria
- Cupping & Gua Sha
- Body Composition For Fitness
- CGM Follow-Up & Education
- Life Mapping
- Spirituality & Performance
- Massage
- Facial
- Private Mind-Body
- Private Fitness

