LONGEVITY 8 ALUMNI

SUN | MAR 08	MON | MAR 09	TUES | MAR 10	WED | MAR 11	THURS | MAR 12
TRAVEL DAY	TIME TBD **Morning Walk**	TIME TBD **Morning Walk**	6:30 A.M - 8:00 A.M. ***Sensory Awakening in the Outdoors*** *Outdoor Sports Lobby*	TIME TBD **Morning Walk**
		9 A.M.-10 A.M. **Rest Easy: Proven Ways to Sleep Soundly** *CLE Saguaro*		9 A.M. -10:30 A.M. **Closing Circle** *CLE Saguaro*
	10 A.M. - 11:30 A.M. **Mindfulness: Stress Antidote to Enhance Lifespan** *CLE Saguaro* *Meditation to follow - Mohave* *(confirmed)*	11 A.M.-NOON **Strength Lab** *Cardio & Strength Gym* (in progress)	11 A.M.-NOON **Muscle Relief: Roll with it** *Studio 2* *(confirmed) - 18*	
	Lunch	**Lunch**	**Lunch**	12 P.M.-1:30 P.M. **Closing Lunch** *Double U Cafe*
		1 P.M.-2 P.M. **Replenishing the Well** *CLE Saguaro*		
	2 P.M. - 3 P.M. **Power Blast Fitness** *Studio 3* *(confirmed) - 20*		2 P.M.-3 P.M. **Nourishing the Mind: Food for Focus and Resilience** *CLE Saguaro*	TRAVEL DAY LATE CHECK-OUT
4 P.M.-5:30 P.M. **Welcome & Intention Setting** *Center for Life Enhancement* *Saguaro Room*				
	5 P.M. - 6 P.M. **Group Mixer** *TBD*		5 P.M.- 6 P.M. **Wendy Sleep Presentation** *CLE Saguaro*	
6 P.M.- 8 P.M. **Longevity8 Group Welcome Dinner** *Larait*	6 P.M.-8 P.M. **Group Dinner** *Lariat*	6 P.M. 8 P.M. **Group Dinner** *Lariat*	6 P.M.- 8 P.M. **Group Dinner** *Lariat*	

6 AM · 6:30 · 7 AM · 7:30 · 8 AM · 8:30 · 9 AM · 9:30 · 10 AM · 10:30 · 11 AM · 11:30 · 12 PM · 12:30 · 1 PM · 1:30 · 2 PM · 2:30 · 3 PM · 3:30 · 4 PM · 4:30 · 5 PM · 5:30 · 6 PM · 6:30 · 7 PM

NOTES

Group Event | Presentation | Group Dining | Fitness & Outdoor Sports | TBD