

## HORIZON REHAB – THAILAND'S ONLY BEACHSIDE ADDICTION TREATMENT CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
0700 - 0800 Yoga	0700 - 0800 Morning exercise	0700 - 0800 Morning exercise	0700 - 0800 Morning exercise	0700 - 0800 Yoga	0700 - 0800 Morning Exercise	0700 - 0800 Exercise (Optional)	
0815 - 0900 Breakfast	0815 - 0900 Breakfast	0815 - 0900 Breakfast	0815 - 0900 Breakfast	0815 - 0900 Breakfast	0815 - 0900 Breakfast	0815 - 0900 Breakfast	
0930 - 1015 Meditation	0930 - 1015 Meditation	0930 - 1015 Meditation	0930 - 1015 Meditation	0930 - 1015 Meditation	0900 - 1100 Free time	0930 - 1015 Meditation	
1045 - 1245 Process Group	1045 - 1400 Leave for Offsite Meeting	1045 - 1245 CBT and Relapse Prevention	1045 - 1400 Leave for Offsite NA meeting	1045 - 1245 Addiction & Recovery Focus Group	1100 - 1700  Offsite Excursion  Lunch out  1700 - 1800 Afternoon Exercise	1200 - 1300 Lunch Onsite with AA Members	
1300 - 1345 Lunch		1300 - 1345 Lunch		1300 - 1345 Lunch		1300 - 1400 Onsite AA Meeting	
1345 - 1800 1 on 1 Therapy	1400 - 1445 Lunch	1345 - 1800 1 on 1 Therapy	1400 - 1445 Lunch	1345 - 1800 1 on 1 Therapy		1400 - 1800 Free time	
Massages	1500 - 1630 Topic Group	Massages	1500 - 1630 Topic Group	Massages			
Personal Training	1700 - 1800 Afternoon Exercise	Personal Training	1700 - 1800 Afternoon Exercise	Personal Training			
1800 - 1845 Dinner	1800 - 1845 Dinner	1800 - 1845 Dinner	1800 - 1845 Dinner	1800 - 2200 Dinner Beach BBQ and Music Night		1800 - 2100 Dinner off-site	1800 - 1845 Dinner
1900 - 2200 Free time	1900 - 2200 Cognitive Development	1900 - 2200 Free time	1900 - 2200 Cognitive Development			2100 - 23200 Free time	1900 - 2200 Free time
2200 Lights out	2200 Lights out	2200 Lights out	2200 Lights out	2200 Lights out	2300 Lights out	2200 Lights out	