



2022 GENERAL SCHEDULE

www.Lifeltself.Health

DAY 1 | TUESDAY MAY 31

Check-in Opens
11:00am

Session 1
5:00pm - 7:00pm

Opening Reception
7:00pm

DAY 2 | WEDNESDAY JUNE 1

Session 2
9:00am - 10:30am

Break
10:30am - 11:30am

Session 3
11:30am - 1:00pm

Lunch
1:00pm - 2:30pm

Session 4
2:30pm - 4:00pm

Break
4:00pm - 5:00pm

Session 5
5:00pm - 7:00pm

Group Dinners on Own
7:30pm

DAY 3 | THURSDAY JUNE 2

Session 6
9:00am - 10:30am

Break
10:30am - 11:30am

Session 7
11:30am - 1:00pm

Lunch
1:00pm - 2:30pm

Session 8
2:30pm - 4:00pm

Break
4:00pm - 5:00pm

Session 9
5:00pm - 7:00pm

Beach Dinner Party
7:30pm

DAY 4 | FRIDAY JUNE 3

Session 10
9:00am - 11:00am

LIFE ITSELF Concludes
11:00am

Breakfast Wednesday thru
Friday 7:45am-8:45am

* All times Pacific Time
Schedule Subject to Change