

# BSP & PARTS WORK AGENDA

## 1. DAY ONE

9:00am -10:00am -Introduction and intentions  
10:00am – 10:15am -Break  
10:15am -12:30pm Powerpoint  
12:30pm- 1:30pm Lunch  
1:30pm- 2:30pm Demonstration  
2:30pm-3:00pm Debrief  
3:00pm-3:15pm Break  
3:15pm – 4:45 Dyads  
4:45pm-5:00pm Debrief in small groups  
5:00-5:30pm Debrief in Large groups

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## DAY TWO

9:00am -10:00am Check in and daily intention  
10:00am- 10:15am Break  
10:15am-11:30pm Powerpoint  
11:30am-12:00pm Group Meditation  
12:00pm-1:00pm Lunch  
1:00pm-2:15pm Demonstration  
2:15pm-2:30pm Debrief  
2:30pm-2:45pm Break  
2:45pm-4:45 Dyads (1 hr each side)  
4:45pm – 5:00pm Small group debrief  
5:00pm-5:30pm Large group Debrief/Dear Young Me Song/Mercy Me

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## DAY THREE

9:00am -10:00am Check in and daily intention  
10:00am- 10:15am Break  
10:15am-11:30pm Powerpoint  
11:30am-12:00pm Group Expansion Meditation  
12:00pm-1:00pm Lunch  
1:00pm-2:15pm Demonstration  
2:15pm-2:30pm Debrief  
2:30pm-2:45pm Break  
2:45pm-4:45 Dyads (1 hr each side)  
4:45pm – 5:00pm Small group debrief  
5:00pm-5:30pm Large group Debrief, wrap up