| **TIME** | **EVENT** | **WHERE TO GO** | | **WHAT’S HAPPENING** |
| --- | --- | --- | --- | --- |
| **FRIDAY 25th APRIL** | | | | |
| 3.00-6.00pm | Arrivals, check in at the Deep Release desk in the bar and collect your conference bag. Bedooms will be open from 3pm. | | | |
| 6.00pm | Buffet Dinner | Edinburgh Restaurant  *If you have pre-booked dietary requirements, please inform restaurant staff at each meal* | | |
| **7.00pm-8.30pm** | **Welcome Meeting** | **Room 8**  **Berkshire Suite** | | **Welcome meeting; get to know the other members and the leaders of your Sweet Meets group; Introductory Session with Pauline; choose a set of nesting dolls.** |
| **SATURDAY 26TH APRIL** | | | | |
| 7.30-8.30am | Buffet Breakfast | Edinburgh Restaurant | | |
| **9.00am** | **Sweet Meets** | **Room 8** | | **Check in with your Sweet Meets Group and collect a new badge.** |
| **9.15am-9.55am** | **Teaching Session** | **Room 8** | | **NEUROSCIENCE & THE INNER CHILD – with Dr Chris** |
| 10.00am – 11.15am | **Workshop1** | **Curly Wurlys** | THAMES 1 | After Dr Chris’s talk, you will go in your groups to the rooms indicated for practical workshops.  Please be sure to take with you the set of nesting dolls you chose yesterday, along with your pens. |
| **Love Hearts** | THAMES 2 |
| **Smarties** | THAMES 3 |
| **Starbursts** | THAMES 4 |
| 11.15am | Refreshment Break : hot drink machines are placed in the Berkshire Suite entrance, and in the main Moor Hall bar area, where you registered yesterday. | | | |
| **11.35am-12.45pm** | **Teaching Session**  **Workshop 2** | **Room 8** | | **CLAY WITH CARA – with Cara Cramp**  After Cara’s introduction, we will all stay at the tables in Room 8 to continue the workshop. At 12.45pm, please return to your workshop room (Thames 1-4) where you will debrief with your leader.  Please be on time for 1:15pm lunch. |
| 12.45pm-1.00pm | Sweet Meet Debrief | Please return to the workshop room you were in before. | |
| 1.15am | Buffet Lunch | Edinburgh Restaurant | | |
| **2.30pm-3.10pm** | **Teaching Session** | **Room 8** | | **JOURNALING WITH YOUR INNER CHILD - Hazel Barton** |
| 3.15pm-4.00pm | **Workshop 3** | **Curly Wurlys** | THAMES 1 | After Hazel’s talk, please return to your workshop room for exercises, discussion and feedback. |
| **Love Hearts** | THAMES 2 |
| **Smarties** | THAMES 3 |
| **Starbursts** | THAMES 4 |
| 4.00pm | **PLAYTIME!** This is a time when you can take some space, have a siesta, chat with friends and/or enjoy an array of creative activities which will be set up in the Bar area (where you registered). Be sure to take a look! | | | |
| 6.00pm | Buffet Dinner | Room 8 | | Because the restaurant is being used by another group, the Moor Hall staff will be using our tables in Room 8 in the Berkshire Suite for dinner this evening. The food will be collected from Room 6, which connects with this room. |
| 7.00pm | Fun and Games | Bar area | | This evening we return to the Bar area to enjoy a variety of board games that bring back childhood memories! Come and join in the fun! |
| **SUNDAY 27th APRIL** | | | | |
| 7.30am-8.30am | Buffet Breakfast | Edinburgh Restaurant | | |
| ***Please vacate your rooms after breakfast; luggage can be stored safely by the hotel if required.*** | | | | |
| **9.00am** | **Sweet Meets** | **Room 8** | | **Check in with your Sweet Meets Group and collect a new badge.** |
| **9.15am-9.55am** | **Teaching Session** | **Room 8** | | **THE DANCE OF SHAME - with Angie Dulwich & Morag Barker** |
| 10.00am-11.15am | **Workshop 4** | **Curly Wurlys** | THAMES 1 | A time to practise interventions, discuss material, ask questions and engage with your group. |
| **Love Hearts** | THAMES 2 |
| **Smarties** | THAMES 3 |
| **Starbursts** | THAMES 4 |
| 11.15 | Refreshment Break | | | |
| **11.35am-12.15am** | **Teaching Session** | **Room 8** | | **MEETING OUR INNER TEENAGER 2 – with Katy Bodman & Angie Dulwich** |
| 12.15-1.00pm | **Workshop 5** | **Curly Wurlys** | THAMES 1 | A time to practise interventions, discuss material, ask questions and engage with your group. |
|  |  | **Love Hearts** | THAMES 2 |
|  |  | **Smarties** | THAMES 3 |
|  |  | **Starbursts** | THAMES 4 |
| 1.15pm | Buffet Lunch | Edinburgh Restaurant | | |
| **2.00pm** | **Closing Session** | **Room 8** | | **Final Thoughts, Saying Thank you and Goodbye for Now** |
| **3.00pm** | **Finish, clear up and head for home** | | | |

**Coming soon! Book your place! deeprelease.org.uk**

