

Internship Program
~SAMPLE Weekly Schedule~

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6am (optional / suggested)	Sunrise Land Care / Morning Meditation/Yoga	Sunrise Land Care	Sunrise Land Care	Sunrise Land Care / Morning Meditation/ Yoga	Sunrise Land Care		
7am (optional / suggested)	Guest Service Care	Guest Service Care	Guest Service Care	Guest Service Care	Guest Service Care		
8:15 am		Temple Time: Yoga & Meditation	Temple Time: Yoga & Meditation	Temple Time: Yoga & Meditation	Temple Time: Yoga & Meditation		
8:30	Blissful Breakfast	Blissful Breakfast	Blissful Breakfast	Blissful Breakfast	Blissful Breakfast		
9am	Weekly Team Mtg	Yoga / Farm Chores	Yoga / Farm Chores	Permaculture Class	Yoga / Farm Chores	Weekend Guest/Event Support As Needed (i.e. Classes, Dances, Guest Setup/Checkin)	Weekend Support as needed AND enjoy the SPA, explore the markets, dances, beaches and more!!
10am	Team Synergy: Guest Services (as needed), then Land Care	Team Synergy: Guest Services (as needed), then Land Care	Team Synergy: Guest Services (as needed), then Land Care		Team Synergy: Guest Services (as needed), then Land Care		
11am							
12:30	Gratitude Lunch	Gratitude Lunch	Gratitude Lunch	Gratitude Lunch	Gratitude Lunch		
2pm	Compassionate Communication Class (2:30-4)	Ohana Circle	Mentorship / Afternoon Projects	Mentorship / Afternoon Projects	Team Meeting: Weekend Prep for Events/Guests & Project Completion		
3pm							
4pm			Afternoon Projects (as needed)				
430pm							
6pm	Hula/Dance/ Fitness Classes or Gym/SPA Time	Dance/Fitness Classes or Gym Time	Dance/Fitness Classes or Gym/SPA Time	Dance/Fitness Classes or Gym Time	Dance/Fitness Classes or Gym Time		

NOTE: Schedules during a Retreat are quite different, changing the Day to Day for Interns where focus is on Guest Services, Farm to Table Meals & Classes. This is rewarding to those applicants that love to Intern as Retreat Staff.

~SUBJECT TO CHANGE ~ BE FLEXIBLE ~