

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake Up Meditation Breakfast	Wake Up Meditation Or Tai Chi	Wake Up Meditation Or Tai Chi	Wake Up Meditation Or Tai Chi	Wake Up Meditation Or Tai Chi	Wake Up Meditation Breakfast	Wake Up Meditation Breakfast
8:00	AA Meeting In Town	Yoga	Work Out	Work Out	Work Out	Off Campus SKIING	NA Meeting In Town
9:00	Doctors Appts. Errands/Town	Breakfast/clean per space	Breakfast/clean per space	Breakfast/ clean per space	Breakfast/clean per space	Off Campus SKIING	NA Meeting
10:30	In Town	Circle/Individual Counseling	Circle/ Individual Counseling	Circle/Group Therapy	Circle	Activity	Return
12:00	Bag Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Return from Errands	Ind. Counseling Cont'd/Education	Deep Clean Rooms and Property Individual Therapy	Culinary Arts/ Wood Shop	Community Service	Off Campus SKIING	Parent Phone
2:00pm	Art Therapy	Music – A Frame/Woodshop	Deep Clean/Writing assignment	Arts/Woodshop	Grocery Shopping	Off Campus SKIING	Parent Phone
4:00pm	Art Therapy	Music Time Woodshop	Education	Sponsor Meetings In Town	Return/Put food away	RETURN	Parent Phone
4:30pm	Dinner Prep	Dinner Prep	Dinner Prep	Men's AA Meeting	Dinner Prep	Dinner Prep	Dinner
6:00pm	Dinner And Clean Up	Dinner And Clean Up	Dinner And Clean Up	AA Meeting Cont'd	Dinner And Clean Up	Dinner And Clean Up	AA Meeting Level Three
7:00pm	Movie On Or Off Campus	Depart for Town	Jam Night - Music A Frame	Dinner Out	AA Meeting In Town	AA Meeting In Town	AA Meeting Level Three
8:00pm	Movie Time	AA Meeting in Town	Jam Night - Music A Frame	Return to the Campus	AA Meeting Return	AA Meeting In Town	Return
10:00pm	Tenth Step Check In	Tenth Step Check In	Tenth Step Check In	Tenth Step Check In	Tenth Step Check In	Return	Tenth Step Check In
10:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Tenth Step Check In	Personal Time
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Personal T.	Lights Out

SHADOW MOUNTAIN ACADEMY DAILY SCHEDULE

250 SHADOW MOUNTAIN RD. PO BOX 65 TAOS, NM. 87571

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