



Tentative Itinerary for Ego to Essence

We look forward to welcoming you to EGO TO ESSENCE: A Transformative Enneagram Workshop.

Please note that this itinerary is subject to change. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email inquiries@1440.org with any questions you may have.

THREE-DAY EGO TO ESSENCE ITINERARY		
	TIME	ACTIVITY
FRIDAY 5/3	2:00 p.m. - 5:00 p.m.	Arrivals, Registration & Guestroom Check-In (Lodge Lounge)
	5:30 p.m. - 6:30 p.m.	Dinner (Kitchen Table)
	7:00 p.m. - 8:30 p.m.	Workshop Session 1 (Outlook 202)
SATURDAY 5/4	7:00 a.m. - 8:00 a.m.	Morning Signature Class
	7:30 a.m. - 9:00 a.m.	Breakfast (Kitchen Table)
	10:00 a.m. - 12:30 p.m.	Workshop Session 2 (Outlook 202)
	11:15 a.m. - 11:30 a.m.	Morning Break (Common Grounds Café)
	12:30 p.m. - 1:30 p.m.	Lunch (Kitchen Table)
	1:30 p.m. - 3:45 p.m.	Workshop Session 3 (Outlook 202)
	2:30 p.m. - 2:45 p.m.	Afternoon Break (Common Grounds Café)
	3:45 p.m. - 4:45 p.m.	Afternoon Signature Class
	6:30 p.m. - 7:30 p.m.	Dinner (Kitchen Table)
7:30 p.m. - 8:30 p.m.	Evening Signature Class	
SUNDAY 5/5	7:00 a.m. - 8:00 a.m.	Morning Signature Class
	7:00 a.m. - 10:00 a.m.	Guestroom Checkout
	7:30 a.m. - 9:00 a.m.	Breakfast (Kitchen Table)
	9:30 a.m. - 12:00 p.m.	Workshop Session 4 (Outlook 202)
	11:00 a.m. - 11:15 a.m.	Morning Break (Common Grounds Café)
	12:00 p.m. - 1:00 p.m.	Lunch (Kitchen Table)
	1:00 p.m. - 1:30 p.m.	Departures