

Schedule, Holotropic Breathwork Workshop, March 7-9, 2025				
Friday 3/7	3:00-5:00 PM	Arrival/Check-in	Brinton House (BH)	
	4:30 PM	Pendle Hill Orientation	Brinton House	
	6:00 PM	Dinner	Main House (MH)/Dining Room	
	7:30 PM	Introductory Talk	Brinton House (BH)/Conlon Room	
Saturday 3/8	7:30 AM	Breakfast	MH/Dining Room	
	9:30 AM	Introductions	Breathwork Mechanics	
	12:00 PM	Lunch	MH/Dining Room	
	2:00 PM	Breathwork session	BH/Conlon Room	
	6:00 PM	Dinner	MH/Dining Room	
	7:00 PM	Group sharing	BH/Conlon Room	
Sunday 3/9	7:30 AM	Breakfast	MH/Dining Room	
	9:00 AM	Breathwork session	BH/Conlon Room	
	12:00 PM	Lunch	MH/Dining Room	
	2:00 PM	Group sharing/closing	BH/Conlon Room	
	4:00 PM	Departure		