

A week inside The Cabin Chiang Mai



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Yoga or Daily Reset	Yoga or Daily Reset	Yoga or Daily Reset	Yoga or Daily Reset	Yoga or Daily Reset		
08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00	Process group	Process group	Process group	Process group	Process group	Muay Thai, art therapy or offsite AA meeting	Excursion, including lunch
10:30	Fitness session	Fitness session	Fitness session	Fitness session	Fitness session		
11:30	Psychoeducation groups, including trauma	Psychoeducation groups, including trauma	Psychoeducation groups, including trauma	Psychoeducation groups, including trauma	Psychoeducation groups, including trauma	Group somatic therapy	
13:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14:00	Holistic one-to-one	One-to-one counselling	Offsite activities or Muay Thai	Holistic one-to-one	One-to-one counselling	Free time, with manicure and haircut appointments	Free time
15:00	Fitness one-to-one	Holistic one-to-one		Fitness one-to-one	Holistic one-to-one		
16:00	Massage			Massage			
17:00	Group sound bowl		Group sound bowl				
18:00	Dinner	Dinner or offsite AA meeting	Dinner	Dinner	Dinner or offsite NA meeting	Dinner	Dinner
19:00	In-house community meeting	Recovery movie night	NA/AA meeting	Peer-led meeting		Game night	Movie night
20:00	Free time	Free time	Free time	Free time	Free time	Free time	Free time
22:00	Return to rooms	Return to rooms	Return to rooms	Return to rooms	Return to rooms	Return to rooms	Return to rooms

Therapy Fitness, wellness and social Recovery meetings Excursions and outings

Example week. Process groups are streamed into three groups, and one-to-one and holistic sessions are booked for each client, so afternoons vary. Offsite AA and NA meetings are open to clients after two weeks in treatment; meeting days can change week to week.