

	Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24
8:30	Optional Before-Care			
9:00	Welcome and Social Activity	Enrichment Workshop: Orchestra 101	Full Orchestra Rehearsal	Combined Sectionals
9:30	Full Orchestra Rehearsal	Break		
10:00				
10:30		Break		
11:00	Break	Full Orchestra Rehearsal	Break	Enrichment Workshop: Ask Me Anything Session
11:30	Wellness Workshop: Developing a Stretching Routine	Full Orchestra Rehearsal	Wellness Workshop: Mindfulness for Musicians	
12:00	Lunch Break			
12:30				
1:00	Enrichment Workshop: Technique Building	Wellness Workshop: A focus on breathing	Sectionals	Wellness Workshop: Posture and Alignment
1:30		Sectionals		Full Orchestra Rehearsal
2:00				
2:30	Enrichment Workshop: Playing a successful audition			
3:00				
3:30 - 5:00	Optional After-Care			
6:30				Closing Concert Venue TBA