

TUESDAY 14 OCTOBER

07.00 - 09.00	Breakfast
08.00 - 14.00	Arrival & Registration: Masterclass Delegates
09.00 - 12.00	Leadership Summit <i>Invitation Only</i>
12.00 - 14.00	Lunch
12.45 - 13.30	Welcome to IFC
14.00 - 17.00	Masterclasses
18.00 - 19.00	Drinks Reception
18.30 - 20.00	Dinner
20.00 - 22.00	Pub Quiz
22.00 - 00.00	Live DJ

WEDNESDAY 15 OCTOBER

07.00 - 07.45	Yoga
07.00 - 09.00	Breakfast
08.00 - 14.00	Arrival & Registration: Standard Programme Delegates
09.00 - 12.00	Masterclasses
12.00 - 14.00	Lunch
12.30 - 13.15	Mindfulness Walk

WEDNESDAY 15 OCTOBER (CONT.)

12.45 - 13.30	Welcome to IFC
14.00 - 15.00	Opening Keynote
15.00 - 15.30	Break
15.30 - 16.45	Workshops
17.00 - 18.00	Open Discussions
17.15 - 18.15	Yoga
18.30 - 19.15	Sound Bath
19.00 - 20.00	Drinks Reception
19.00 - 21.00	Buffet Dinner <i>A quiet alternative to the official welcome dinner.</i>
19.00 - 22.00	Film Screening
20.00 - 22.00	Official Welcome Dinner & Entertainment
21.30 - 01.00	Live DJ

THURSDAY 15 OCTOBER

07.00 - 07.45	Yoga
07.00 - 09.00	Breakfast
09.00 - 11.45	Workshops

THURSDAY 16 OCTOBER (CONT.)

12.00 - 13.30	Lunch
12.15 - 12.45	Mindfulness Walk
13.30 - 17.45	Workshops
18.00 - 19.00	Open Discussions
18.00 - 19.00	Yoga
19.00 - 21.00	Buffet Dinner <i>A quiet alternative to the gala dinner.</i>
19.00 - 22.00	Film Screening
19.30 - 20.00	Drinks Reception
20.00 - 23.00	Gala Dinner & Entertainment
23.00 - 02.30	Gala Night Costume Party

FRIDAY 17 OCTOBER

07.00 - 09.00	Breakfast
09.30 - 10.45	Workshops
10.45 - 11.15	Break
11.15 - 12.30	Closing Keynote
12.30 - 14.00	Lunch