

Malvern Behavioral Health's Lotus Program Schedule



Monday | Tuesday | Wednesday | Thursday | Friday

Saturday | Sunday

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake Up / Morning Coffee & Tea					Wake Up / Morning Coffee & Tea	Wake Up / Morning Coffee & Tea
7:00 AM	Morning Hygiene					Morning Hygiene	Morning Hygiene
8:00 AM	Breakfast					Breakfast	Breakfast
8:30 AM	Room/Laundry					Room/Laundry	Room/Laundry
9:00 AM	Community Mtg					Community Mtg	Community Mtg
10:00 AM	Journal/Treatment Work/Meditation					Journal/Treatment Work/Meditation	Journal/Treatment Work/Meditation
11:00 AM	Process Group					Process Group	Process Group
12:00 PM	Hand Hygiene/Lunch					Hand Hygiene/Lunch	Hand Hygiene/Lunch
1:00 PM	Process Group					Process Group	Process Group
2:00 PM	Rec					Visitation (Rooms 200-208)	Visitation (Rooms 209-216)
3:00 PM	Yoga					Movie	Movie
4:00 PM	Psychoeducation (MHT)					Psychoeducation (MHT)	Psychoeducation (MHT)
5:00 PM	Hand Hygiene					Hand Hygiene	Hand Hygiene
5:30 PM	Dinner					Dinner	Dinner
6:00 PM	Relaxation and/or Academic Time					Yoga	Yoga
8:00 PM	Community Meeting & Snacks					Community Meeting & Snacks	Community Meeting & Snacks
8:30 PM	Hygiene/Laundry					Hygiene/Laundry	Hygiene/Laundry
9:30 PM	Free Time					Free Time	Free Time
10:30 PM	Lights Out					Lights Out	Lights Out