

A Global Playshop hosted by the South Pacific Sunday  
Sanity Zoom meeting

# WA WORK, REST & PLAY

**A Zoom Event - February 27/28, 2021**

USA:	Sat 27th PT	11:30am to 2:30pm
	Sat 27th ET	2:30pm to 5:30pm
UK:	Sat 27th	7:30pm to 10:30pm
AUSTRALIA AEDT:	Sun 28th	6:30am to 9:30am
NEW ZEALAND:	Sun 28th	8:30am to 11:30am

Work



& Play



Zoom Meeting ID: 861 2415 3941  
Passcode: 214099

Rest



For more details, email [mandygabc@gmail.com](mailto:mandygabc@gmail.com)

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# PLAYSHOP PROGRAM

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## Welcome & Housekeeping

### 1 Work: Reading, Speaker & Sharing Time



USA:	Sat 27th PT	11:30am to 12:30pm
	Sat 27th ET	2:30pm to 3:30pm
UK:	Sat 27th	7:30pm to 8:30pm
AUSTRALIA AEDT:	Sun 28th	6:30am to 7:30am
NEW ZEALAND:	Sun 28th	8:30am to 9:30am

**\*\*\*\*\* 10 MINUTE BREAK \*\*\*\*\***

### 2 Play: Games, Yoga, or Dancing



USA:	Sat 27th PT	12:40pm to 1:20pm
	Sat 27th ET	3:40pm to 4:20pm
UK:	Sat 27th	8:40pm to 9:20pm
AUSTRALIA AEDT:	Sun 28th	7:40am to 8:20am
NEW ZEALAND:	Sun 28th	9:40am to 10:20am

**\*\*\*\*\* 10 MINUTE BREAK \*\*\*\*\***

### 3 Rest: Reading, Speaker & Sharing Time



USA:	Sat 27th PT	1:30pm to 2:30pm
	Sat 27th ET	4:30pm to 5:30pm
UK:	Sat 27th	9:30pm to 10:30pm
AUSTRALIA AEDT:	Sun 28th	8:30am to 9:30am
NEW ZEALAND:	Sun 28th	10:30am to 11:30am

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## Closing & Serenity Prayer