# Akumal 3 Schedule

All breakfasts and lunches are at Hemingway Restaurant. Breakfast is 8 am to 9 am. Lunch is 12:30 pm to 1:30 pm.

Pods will organize whatever time schedule best suits them.

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| **Monday, January 8** |  |
| 9:00 am - 11:00 am | Plenary Session - Ed Diener: Happiness |
| 5:00am - 7:00 am  | Introductions |
| 7:00 pm | Opening Banquet |
| **Tuesday, January 9** |  |
| 9:00 am - 11:00 am | Plenary Session - Laura King: Meaning |
| 5:00 pm - 7:00 pm | Plenary Session - Mel Konner: Positive Anthropology |
| **Wednesday, January 10**  |  |
| 9:00 am - 11:00 am | Plenary Session - Chris Peterson: Strengths and Virtues |
| 8:00 pm - 11:00 pm | Poetry, Music, Readings |
| **Thursday, January 11** |  |
| 9:00 am - 11:00 am  | Plenary Session - Steve Wolin: Resilience |
| 5:00 pm - 7:00 pm | Pod Reports |
| **Friday, January 12** |  |
| 9:00 am - 11:00 am | Plenary Session - Bob Emmons: Gratitude  |
| 5:00 pm - 7:00 pm | Pod Reports |
| **Saturday, January 13**  |  |
| 9:00 am - 12:00 pm  | Plenary Session Pod Reports and Final Thoughts |