

THE PROGRAM

This schedule gives a general idea of what the rhythm of your stay will be like. Program session times vary. You will receive your program schedule when you check in.

01 Arrival Day

2:00pm	Check-In Begins
5:00pm - 6:15pm	Embodied Movement Class
6:30pm - 7:30pm	Dinner
8:00pm - 9:30pm	Opening Faculty Program Session

03 Departure Day

7:00am - 8:00am	Morning Yoga Class
8:00am - 9:00am	Breakfast
9:00am - 11:00am	Faculty Program Session
12:00pm - 1:00pm	Lunch
1:00pm	Checkout Time
1:00pm - 1:45pm	Guided Hike

02 Daily

7:00am - 8:00am	Morning Yoga Class
8:00am - 9:00am	Breakfast
9:00am - 12:00pm	Faculty Program Session
12:00pm - 1:00pm	Lunch
1:00pm - 1:45pm	Guided Hike
2:00pm - 4:00pm	Faculty Program Session
5:00pm - 6:15pm	Embodied Movement Class
6:30pm - 7:30pm	Dinner
8:30pm - 9:30pm	Evening Ritual and Guided Meditation