

R&R Sample Daily Schedule

Welcome! We are so glad you're here!

The health and safety of our guests and staff are a priority for us. Please help us all stay comfortable by adhering to our social distancing guidelines and wearing a mask in all public areas. Thank you!

Times	Class Location Days Offered
9:45–10:45 am	Yoga <i>Sattva Studio</i> Thu–Sun
11:00 am–12:00 pm	Mind & Meditation <i>Sattva Studio</i> Thu–Sun
1:30–2:15 pm	Guided Hike <i>Assemble at Main Reception</i> Sat
2:30–3:45 pm	Ayurveda Cooking Class* <i>Tulsi Kitchen</i> Thu: Sweet Treats • Sat: Chef's Seasonal Recipe
4:15–5:15 pm	Yoga <i>Sattva Studio</i> Wed–Sat
5:30–6:00 pm	Guided Meditation <i>Sattva Studio</i> Wed–Sat
7:00–7:20 pm	Property Orientation <i>Dining Hall</i> Wed–Fri
7:30–8:15 pm	Meditative Chants/Kirtan <i>Gita Hall</i> Wed–Sat

Thursday and Saturday kirtans are held outdoors by the bonfire; weather permitting.

*Included with Wellness Escapes and R&R; other participants \$35.00/per person.

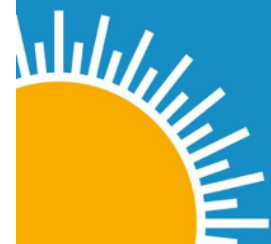
All classes require reservations by 9:30 am on the day of class as spaces are limited; visit the Front Desk to register.

Dining Hours *Dining Hall*

7:30–9:30 am	Breakfast
12:00–1:30 pm	Lunch
6:00–7:30 pm	Dinner

Clay Studio

10:00 am–6:00 pm Clay Handbuilding \$35 (1 hour) | Saturdays



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