



## THE ART OF LIVING RETREAT CENTER

# HAPPINESS RETREAT SCHEDULE

### ARRIVAL DAY

6:00–7:00 pm Dinner

7:00–7:20 pm Orientation (In Dining Hall)

7:30–9:30 pm Session

### DAILY

7:30–8:30 am Yoga

8:30–9:30 am Breakfast

10:00 am–12:30 pm Session

12:30–1:30 pm Lunch

2:00–5:15 pm Free Time

5:15–6:30 pm Session

6:30–7:30 pm Dinner

7:30–8:15 pm Optional Kirtan/Meditative  
Chant

### DEPARTURE DAY

7:30–8:30 am Yoga

8:30–9:30 am Breakfast\*

**\*Please checkout before the 10:00 am session; we are happy to store your luggage at Reception.**

10:00 am–1:00 pm Session

1:00–1:30 pm Lunch is included on departure day.

**Note** Schedules are subject to change.

**"Purity in heart, clarity in mind, sincerity in action and contentment is the formula for happiness."**

- Sri Sri Ravi Shankar

### FREE TIME

#### ACTIVITIES, MEALS, & AYURVEDA

**Pottery Classes** are available during your stay. Please register with the front desk.

#### Meal Times

Breakfast 7:30–9:30 am

Lunch 12:00–1:30 pm

Dinner 6:00–7:30 pm

#### Ayurveda Treatments & Consultations

Integrate your entire experience —make a reservation at the award-winning **Shankara Ayurveda Wellness**. To ensure availability, please call 828-264-8382 to schedule. Additional cost.