



## THE ART OF LIVING RETREAT CENTER

# MEDITATION RETREAT SCHEDULE

### ARRIVAL DAY

- 6:00–6:55 pm Dinner
- 7:00–7:15 pm Orientation (In Shakti Hall)
- 7:15–9:00 pm Session

### DAILY

- 7:30–8:30 am Yoga
- 8:30–9:30 am Breakfast
- 10:30 am–12:30 pm Session
- 12:30–1:30 pm Lunch
- 2:00–5:00 pm Free Time
- 5:15–6:00 pm Session
- 6:00–7:30 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 10:30 am session; we are happy to store your luggage at Reception.**
- 10:30 am–12:30 pm Session
- 12:30–1:30 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.