



Disconnect and Plan What's next

Jedidiah Jenkins
April 21-23, 2023

Program Schedule. *Subject to change.*

Friday	7:30-9:00 pm
Saturday	9:30 am-12:45 pm, 2:00-4:00 pm, 7:30-9:00 pm and 9:00 pm Bonfire
Sunday	9:30-11:30 am Room checkout is 11:00 am; luggage may be held at Reception

Arrival Day

4:00 pm	Check-in begins; Rooms are ready by 4:00 pm, but if you arrive early, we'll gladly hold your luggage at Reception.
6:00-7:00 pm	Dinner
7:15-7:30 pm	Guest Orientation Session in Veda 1

Meal Times

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

Welcome!

We hope you enjoy your stay with us. Apart from the activities in your program schedule, we offer yoga, meditation, and Kirtan. Below is a sample workshop schedule. (Please join only if your program schedule permits.)

9:45-10:45 am	Hatha Yoga Class
11:00 am-12:00 pm	Mind & Meditation Session
1:30-2:15 pm	Guided Hike (Saturday)
4:15-5:15 pm	Hatha Yoga Class
5:30-6:00 pm	Guided Meditation Session
7:30-8:15 pm	Meditative Chant/Kirtan
8:30 pm	Bonfire (Saturday; weather permitting.)

Actual schedule may vary; please confirm with Front Desk at check-in.