Program Schedule. *Subject to change.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>7:30–9:00 pm</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>9:30 am–12:00 pm, 3:30–5:30 pm</td>
<td>Yoga Nidra Class (Thursday)</td>
</tr>
<tr>
<td>Friday</td>
<td>9:30 am–12:00 pm, 3:30–5:30 pm, and 7:30–9:00 pm</td>
<td>Hatha Yoga Class (Friday)</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30 am–12:00 pm, 3:30–5:30 pm</td>
<td>Sound Bath Healing (Friday)</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:45–10:45 am Room checkout is 11:00 am; luggage may be held at Reception. Lunch is included on your day of departure.</td>
<td>Hatha Yoga Class (Saturday)</td>
</tr>
<tr>
<td></td>
<td>7:30–8:15pm</td>
<td>Bonfire (Thursday &amp; Saturday; weather permitting.)</td>
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</tbody>
</table>

**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
- **7:00–7:20 pm** Guest Orientation Session

**Meal Times**

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

**Welcome!**

We hope you enjoy your stay with us! Below you can find activities that your schedule allows. These will be located in Gita Hall.

- **7:30–8:30 am** Hatha Yoga Class (Thursday)
- **1:30–2:15 pm** Yoga Nidra Class (Thursday)
- **7:30–8:30 am** Hatha Yoga Class (Friday)
- **1:30–2:30 pm** Sound Bath Healing (Friday)
- **7:30–8:30 am** Hatha Yoga Class (Saturday)
- **1:30–2:30 pm** Mind & Meditation Session (Saturday)
- **7:30–8:30 am** Hatha Yoga Class (Sunday)
- **7:30–8:15 pm** Meditative Chant/Kirtan

Bonfire (Thursday & Saturday; weather permitting.)

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