THE ART OF LIVING
Retreat Center

# REWIRE and INSPIRE: Rewire Your Movement, Inspire Your Spirit

**Lara Heimann**

September 29 - October 1

## Program Schedule. *Subject to change.*

| | |
|---|---|
| Friday | 7:30–9:00 pm |
| Saturday | 9:30 am–12:30 pm and 2:00–4:00 pm |
| Sunday | 9:30–11:30 am **Room checkout is 11:00 am;** luggage may be held at Reception. Lunch is included on your day of departure. |

## 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. Apart from the activities in your program schedule, we offer daily yoga, meditation, and Kirtan and on Saturday guided hikes and an evening bonfire. 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.