



BEYOND TRAUMA: A Guided Mind-Body Journey of Resilience, Hope and Post-Traumatic Growth

Dr. Arielle Schwartz

September 20-22, 2024

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

Program Schedule. *Subject to change.*

Friday	7:30-9:00 pm
Saturday	9:30 am-12:30 pm, 2:00-4:00 pm, and 7:30-9:00 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.

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. Please refer to the R&R schedule in your Welcome packet for a complete list of classes offered. Please join if your program schedule permits.