



Healing Your Sole

Katy Bowman

May 17-19, 2024

Arrival Day

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| 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.*

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| Friday | 7:30-9:00 pm |
| Saturday | 9:30 am-12:30 pm, 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. |

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.