



## Where the Healing Happens: Transforming Symptoms in the Lower 4 Chakras

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### 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 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.

### 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.