



Welcome to the Art of Living Retreat Center!

We are so grateful you chose to come visit us here in the Blue Ridge Mountains. Here is some information to help you navigate our campus and maximize your experience.

Main Reception Hours

Wednesday 4:00–10:00 pm
Thursday 7:00 am–10:00 pm
Friday & Saturday 7:00 am–12:00 am
Sunday 7:00 am–9:00 pm

Shankara Ayurveda Wellness Hours

Wednesday 11:00 am–8:00 pm
Thursday–Saturday 9:00 am–6:00 pm
Sunday 8:00 am–2:00 pm

Mealtimes

Breakfast 7:30–9:30 am • Lunch 12:00–1:30 pm • Dinner 6:00–7:30 pm

We have an internal shuttle available if you need a ride around our campus. Call the Front Desk, ext. 507, and we'll get you a ride to your on-campus destination.

If you would like to sign up for any of our offerings, please call the Front Desk, ext. 507, or stop by Reception.

Just Heavenly Gift Shop & Cafe is located right around the corner from Reception. You can browse our amazing collection of clothing and trinkets, or enjoy a smoothie from the cafe!

Shop Hours

Wednesday–Saturday 10:00 am–7:30 pm
Sunday 9:00 am–2:00 pm

There are beautiful trails located around our campus. Enjoy a self-guided hike during your downtime. The trail markers are displayed on our property map.

If you have any questions, please feel free to contact the Front Desk, ext. 507, from the phone in your hotel room or shared phone in the retreat room hallways. You can also dial 800-392-6870 and ext 507. In case of an emergency, you can also call this number after hours for assistance.