



## SOUL SHIFT: Consider Your Response. Shift Your Habits. Love Your Life for Real.

Rachel Macy Stafford

October 4-6, 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  |
| Sunday   | 9:30-11:30 am <b>Room checkout is 11:00 am;</b> 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.