



SAMPLE SCHEDULE

Here is a glimpse of how a visit to campus unfolds upon arrival and what the daily rhythm of your stay will be like. While the timing of your specific program sessions may vary from what's listed below, you will always be able to attend the meals and optional activities listed between sessions. You can also use time between sessions to walk the trails, enjoy Healing Arts treatments, peruse the shops, connect with new friends, and more.

Actual times listed may vary. The finalized daily schedule will be posted at least six weeks in advance of our May 2017 opening.

We encourage you to allow for a little extra time on arrival day to land, refresh, and explore campus grounds. You'll appreciate having the space to settle in, relax, and begin enjoying all that awaits you.

ARRIVAL DAY

2:30–6:30 pm	Check In (rooms are ready by 4:00 pm)
4:00–5:30 pm	Afternoon Activities (Meditation and Yoga)
5:30–7:30 pm	Dinner
7:30–9:00 pm	Opening Program Session

DAILY

6:30–7:30 am	Morning Activities (Meditation and Yoga)
7:00–8:30 am	Breakfast
8:30–11:30 am	Program Session (start times vary; session runs 3 hours with breaks)
11:30–1:30 pm	Lunch
11:45–1:15 pm	Midday Activities (Yoga, Tai Chi, and Dance)
1:30–3:30 pm	Program Session (start times vary; session runs 2 hours)
4:15–6:45 pm	Afternoon Activities (Meditation, Yoga, and Tai Chi)
5:30–7:30 pm	Dinner
7:30–9:00 pm	Evening Events

Departure Day

6:30–7:30 am	Morning Activities (Meditation and Yoga)
7:00–8:30 am	Breakfast
9:00–11:00 am	Closing Program Session (start times vary; session runs 2 hours)
11:30–1:00 pm	Lunch (included in your stay on departure day)
12:00 pm	Check Out