Sample Retreat Schedule

Friday
3:00 - 7:00pm  Arrival
5:00 - 6:00pm  All Levels Yoga Practice
6:00 - 7:00pm  Dinner
7:00 - 7:20pm  Orientation
7:30 - 9:00pm  Session I

Saturday
7:00 - 7:30am  Beginners' Meditation Instruction
7:30 - 8:00am  Morning Meditation
8:20 - 9:20am  Breakfast
9:30 - 12:30  Session II
12:30 - 1:30pm  Lunch
2:00 - 3:30pm  Session III
4:00 – 5:30pm  Yoga, Meditation, and Tea
6:00 – 7:00pm  Dinner

Sunday
7:15 – 8:15am  Yoga
8:20 – 9:20am  Breakfast
9:30 – 11:30am  Session IV
12:00 – 1:00pm  Lunch
1:00pm  Checkout and Departure