

Sample Weekend Course Schedule

Friday:

4:00pm-5:00pm - arrive and settle into your cabins
5:00pm-6:00pm - yoga class
6:30pm-7:30pm - dinner
7:30pm-9:00pm - evening discussion and meditation

Saturday:

7:30am-8:00am - silent morning meditation
8:00am-9:30am - yoga class
9:30am-10:30am - breakfast
10:30am-1:00pm - class
1:00pm-2:00pm - lunch
2:00pm-4:00pm - free time
4:00pm-6:00pm - class
6:00pm-7:30pm - dinner
7:30pm-9:00pm - evening event

Sunday:

7:30am - silent morning meditation
8:00am-9:30am - yoga class
9:30am-10:30am - breakfast
10:30am-1:00pm - class and closing ceremony
1:00pm - lunch