



Typical Daily Schedule:

Time	Activity
06:45	Herbal Tea, Coffee & Early Breakfast Available
07:00 – 07:25	Silent-Sunrise-Cycle Class
07:30 – 08:25	Meditation and Breath Work Class
08:25 – 10:00	Dynamic Centered Yoga Flow
08:25 – 10:00	Teacher Assisted Self Practice
09:45 – 13:00	Brunch Buffet
15:00 - 15:30	Fruit and Juice Snack
16:00 – 16:30	Integrated Core Strength Class
16:30 – 17:00	Sama-Fun-Cycle Class
17:00 – 18:00	Restorative Yoga, Breath Work & Meditation Class
18:00 – 20:00	Dinner Buffet
18:00 – 20:00	Steam Room Available*
19:30 – 20:00	Approaches to Meditation
21:30	Facilities Close

*Please sign up at the Wellness Center.