

R&R DAILY SCHEDULE

Wednesday December 1

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Transformational Workshop	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Workshop: Movement as a Pathway to Meditation	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Thursday December 2

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Ayurvedic Yoga for the Fall	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Workshop: The Teachings of Swami Kripalu	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Friday December 3

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none">• Lineage Workshop: The Highest Spiritual Practice• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Yoga Nidra	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Workshop: Body Scan Meditation	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Saturday December 4

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Ayurveda Workshop: Dinacharya• Nature and Mindfulness	To Be Determined To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Yoga Nidra	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Blissful Bedtime Yoga	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Sunday December 5

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Yoga for Pain Relief	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30–1:00 pm	<ul style="list-style-type: none">• Lunch	

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R&R DAILY SCHEDULE

Tuesday December 7

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Gardens of Intentions• Guided Meditation	To Be Determined To Be Determined

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R&R DAILY SCHEDULE

Wednesday December 8

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Curiosity, Compassion & Courage	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Ayurveda Workshop: Soothing the Nervous System	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday December 9

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: May the Forest Be With You	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Metta Meditation	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday December 10

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Lineage Workshop: The Whole World is One Family	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Yoga for Pain Relief	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Garden of Intentions	To Be Determined To Be Determined

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R&R DAILY SCHEDULE

Saturday December 11

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: Radiant Health	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Mudra Yoga	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Sunday December 12

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: Falling in Love with Life Again	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	

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R&R DAILY SCHEDULE

Tuesday December 14

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Garden of Intentions	To Be Determined

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R&R DAILY SCHEDULE

Wednesday December 15

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Playing in the Field of Possibility	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Movement as a Pathway to Meditation	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday December 16

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Embody Flow	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Yoga Workshop: Creating an At-Home Practice	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday December 17

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none">• Nature and Mindfulness Workshop• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Yoga for Pain Relief	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Yoga Nidra	To Be Determined To Be Determined

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R&R DAILY SCHEDULE

Saturday December 18

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> • Gentle Yoga and Meditation • Intermediate Yoga and Meditation 	<p>To Be Determined</p> <p>To Be Determined</p>
7:00–9:00 am	<ul style="list-style-type: none"> • Breakfast 	
9:30–11:00 am	<ul style="list-style-type: none"> • Transformational Workshop 	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"> • Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"> • Lunch 	
11:30–12:30 pm	<ul style="list-style-type: none"> • Integration Practice: Share Circle 	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"> • Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"> • YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> • Workshop: Creating Your Own Labyrinth 	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> • Gentle Yoga • Intermediate Yoga 	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<ul style="list-style-type: none"> • Dinner 	

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R&R DAILY SCHEDULE

Sunday December 19

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yin Yoga Workshop	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	

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R&R DAILY SCHEDULE

Tuesday December 21

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Garden of Intentions• Yin Yoga	To Be Determined To Be Determined

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R&R DAILY SCHEDULE

Wednesday December 22

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: Surf Like a Yogi	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Meditation Workshop: Pathways to Presence	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday December 23

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none">• Yoga Workshop: Seated Poses• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Ayurveda Workshop: Understanding the Doshas	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday December 24

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: Transformation at the Core	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Tuesday December 28

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Garden of Intentions• Yin Yoga	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Wednesday December 29

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Here Comes the Sun Salutations	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Life Skill Workshop: Navigating Stress with Breath and Awareness	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
6:30–10:00 pm	<ul style="list-style-type: none">• Saptah	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Thursday December 30

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:00–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: Surf Like a Yogi	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none">• Lunch	
11:30–12:30 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Workshop: Movement as a Pathway to Meditation	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

New Year's Eve, Friday December 31

*Please note that times, class, workshop, experiences, and room locations are subject to change.

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> • Gentle Yoga and Meditation • Intermediate Yoga and Meditation 	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"> • Silent Breakfast 	
9:30–11:30 am	<ul style="list-style-type: none"> • Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"> • Lunch 	
2:30–4:30 pm	<ul style="list-style-type: none"> • Meditation Workshop: Metta Meditation • Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	To Be Determined To Be Determined
3:00–4:00 pm	<ul style="list-style-type: none"> • YogaDance® <i>Open to all, no dance experience necessary.</i> 	To Be Determined
4:45–6:00 pm	<ul style="list-style-type: none"> • Gentle Yoga • Intermediate Yoga • Vinyasa Yoga 	To Be Determined To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"> • Dinner 	
7:30–9:00 pm	<ul style="list-style-type: none"> • Everyday Tarot: Introduction to Increasing Intuition <i>with Cynthia Papa-Lentini</i> • Cooking Demonstration <i>with Kripalu's Executive Chef Jeremy Rock Smith</i> 	To Be Determined To Be Determined
8:00–9:30 pm	<ul style="list-style-type: none"> • Dancing Your Way Into Your Self <i>with Antoinette Simms</i> • Mindfulness Workshop: Gift in the Storm <i>with Izzy Lenihan</i> 	To Be Determined To Be Determined
10:00–12:00 pm	<ul style="list-style-type: none"> • New Year's Eve Dance Party <i>with Toni Bergins</i> 	To Be Determined
11:15–12:15 pm	<ul style="list-style-type: none"> • Guided Meditation <i>with Rolf Gates</i> • Breathing Life Into Your Intentions: Sound Healing & Pranayama <i>with Yuval Samburski</i> 	To Be Determined To Be Determined
11:15 pm–1:00 am	<ul style="list-style-type: none"> • Dessert Buffet 	To Be Determined