



MEDITATION FUSION

Five Teachers, Five Styles

**Steven Leonard, Lin Gordon, Carlos A. Perez, Amanbir Singh,
and Jacqueline Lutz**

Friday	7:30–9:30 pm	Opening Session with all presenters
Saturday	8:30–9:45 am	Instinctive Meditation with Steven Leonard
	10:00–11:15 am	Insight Meditation with Lin Gordon
	1:30–2:45 pm	Kundalini Meditation with Amanbir Singh
	2:45–3:45 pm	Crystal Bowl Sound Meditation with Carlos Perez
Sunday	7:30–9:00 pm	Neuroscience of Meditation with Jacqueline Lutz
	9:00–11:00 am	Closing Session with all presenters

While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

Arrival Day

2:15 pm	Check-in begins; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.
6:45–7:15	Guest Welcome Session
7:30–9:00	Opening program session

Daily Yoga

6:30–7:45 am	Kripalu Yoga classes (optional): gentle and intermediate
12:00–1:00 pm	Kripalu YogaDance®
4:15–5:30 pm	Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

Friday and Sunday Only

5:00–6:15 pm	Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous
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Saturday Only

5:15–6:30	Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous
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Meals

7:00–8:30 am	Breakfast
11:30 am–1:30 pm	Lunch (including your day of departure)
5:30–7:00	Dinner

Evenings

7:30–9:00	Evening events and activities or solo time—another great time period to schedule Healing Arts sessions .
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Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.

Please note Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.