Kripalu

Progressive Workshop: Ascending Your Energy, Tune Into Your New Destiny (BLOC-161)

Your Program Schedule (Subject to change.)

Friday2:15 pmCheck-in begins
Rooms are ready by 4:00 pm. You may store your bags in the Luggage
Room until your room is available.5:30-7:00Dinner6:45-7:15Welcome Orientation7:00Program Doors Open7:30-9:00Program Session

Saturday

9:00 am–1:00 pm	Program Session
1:00–2:30	Lunch Break
2:30-6:00	Program Session

Sunday

8:30 am–1:00 pm	Program Session
1:00–2:30	Lunch Break
2:30–6:00	Program Session

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.