

Yoga & Nature Schedule: October 26-30, 2022

Check in 4:00p, Wednesday, October 26
Check out 11:00a, Sunday, October 30



Wednesday, Oct 26 Meet & Greet 5:30p / Session 7:00-8:30p

Daily Retreat Schedule* / Thursday-Saturday

7:15-8:30a Sunrise Morning Yoga Class

8:30-9:30a Breakfast

9:30a-12:30p Meditation, Philosophy, Posture Clinic

12:30-2:30p Lunch & Free Time

2:30-6:00p Afternoon Session

6:00-7:30p Dinner

7:30-8:30p Evening Session or Kirtan

**Schedule varies slightly on the days that we hike off campus*

Sunday, Oct 30, Check out 11:00a / No morning sessions

Shankara Spa

Call in advance for a Spa Reservations, 800-392-6870

*Suggested Spa time: Book at the start of lunch time
(ask a friend to box a lunch for you to eat after your treatment)*

The Lotus Pond Center For Yoga & Health / 813-961-3160