

**Schedule:**

***Thursday November 2nd***

Arrive anytime after 2:00pm

4:30-6:30pm Yoga

7:00pm Dinner

Satsang (gathering) following sunset

***Friday November 3rd***

7:30-8:30am Breakfast

9:30-11:30am Yoga

12:00-1:00pm Lunch

Free time

5:00-6:30pm Yoga

6:45pm Dinner

8:15-9:15pm Restorative Yoga

***Saturday November 4th***

7:30-8:30am Breakfast

9:30-11:30am Yoga

12:00-1:00pm Lunch

Free time

4:00-6:00pm Yoga

6:30pm Dinner

***Sunday November 5th***

7:00-8:00am Light Breakfast

8:30-10:00am Yoga

10:45am Shanti's Signature Brunch

Check out by 12:00pm

