

Schedule:

Monday September 24th

Arrive anytime after 2:00pm

4:30-6:30pm Yoga

7:00pm Dinner

Satsang (gathering)

Tuesday September 25th

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

Wednesday September 26th

7:00-8:00am Light Breakfast

8:30-10:00am Yoga

10:45am Shanti's Signature Brunch

Check out by 12:00pm

Yoga classes will be a beautiful blend of vinyasa, restorative, yin, and yoga nidra.

