



ACTIVITIES SCHEDULE YOGA & MEDITATION CLASSES

Monday & Thursday

Hatha Yoga, Ground Floor, Prana Room	8:00-9:00am
Private Yoga/Training Sessions are Available	9:30-10:30am
Gong Immersion, Ground Floor, Prana Room	11:00-11:30am
Hatha Yoga, Ground Floor, Prana Room	2:00-3:00pm
Yogic Nidra Sleep, Ground Floor, Prana Room	3:30-4:30pm
Twilight Meditation, Ground Floor, Prana Room	5:00-5:30pm

Tuesday & Wednesday

Hatha Yoga, Ground Floor, Prana Room	8:00-9:00am
Private Yoga/Training Sessions are Available	9:30-10:30am
Gong Immersion, Ground Floor, Prana Room	11:00-11:30am
Yin Yoga Ground Floor, Prana Room	12:00-1:00 pm
Hatha Yoga, Ground Floor, Prana Room	2:00-3:00pm
Yogic Nidra Sleep, Ground Floor, Prana Room	3:30-4:30pm
Twilight Meditation, Ground Floor, Prana Room	5:00-5:30pm

Friday

Hatha Yoga, Ground Floor, Prana Room	8:00-9:00am
Private Yoga/Training Sessions are Available	9:30-10:30am
Gong Immersion, Ground Floor, Prana Room	11:00-11:30am
Private Yoga/Training Sessions are Available	2:00-3:00pm
Hatha Yoga, Ground Floor, Prana Room	3:30-4:30pm
Yogic Nidra Sleep, Ground Floor, Prana Room	5:00-6:00pm
Twilight Meditation, Ground Floor, Prana Room	6:30-7:00pm



ACTIVITIES SCHEDULE YOGA & MEDITATION CLASSES

Saturday

Morning Meditation, Meditation Room	6:30-7:00am
Neti Kriya- Kriya Room, First Floor	7:15-7:30 am
Hatha Yoga, Ground Floor, Prana Room	8:00-9:00am
Private Yoga/Training Sessions are Available	9:30-10:30am
Gong Immersion, Ground Floor, Prana Room	11:00-11:30am
Yin Yoga Ground Floor, Prana Room	12:00-1:00pm
Private Yoga/Training Sessions are Available	2:00-3:00pm
Hatha Yoga, Ground Floor, Prana Room	3:30-4:30pm
Yogic Nidra Sleep, Ground Floor, Prana Room	5:00-5:30pm
Twilight Meditation, Ground Floor, Prana Room	6:30-7:00pm

Sunday

Morning Meditation, Meditation Room	6:30-7:00am
Neti Kriya- Kriya Room, First Floor	7:15-7:30 am
Hatha Yoga, Ground Floor, Prana Room	8:00-9:00am
Private Yoga/Training Sessions are Available	9:30-10:30am
Gong Immersion, Ground Floor, Prana Room	11:00-11:30am
Private Yoga/Training Sessions are Available	2:00-3:00pm
Yogic Nidra Sleep, Ground Floor, Prana Room	3:30-4:30pm
Twilight Meditation, Ground Floor, Prana Room	5:00-5:30pm

SHINRIN YOKU – (self-guided) “Bathing in the Forest” taking in the forest through your senses anytime between sunrise and sunset on the YO1 Walking Trails

Please schedule a-la-carte Private Yoga and Dosha Consultations with Wellness Concierge- Wellness Ext. 1047

Private classes meet in the Prana Room on the Ground Floor

***Outdoor activities are weather permitting**