



## 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**