

1440 PROGRAM SCHEDULE

Below is your daily schedule for your stay during your program. You will always be able to attend the meals and activities shown between your program sessions. You will also have opportunities to experience Healing Arts, walking trails, and many other campus amenities throughout your stay. To schedule a treatment at Healing Arts call **844-544-1440, ext. 304** or email healing.arts@1440.org. Click here to view our current menu: <https://1440.app.box.com/v/HealingArts>

Opening Day

2:15 pm	Check-in begins; rooms are ready by 4:00 pm <i>Luggage storage is available</i>
4:45 – 5:45 pm	Supplementary Classes: Yoga, Tai Chi, Qigong, or Meditation
5:30 – 7:00 pm	Dinner at Kitchen Table
6:45 – 7:15 pm	1440 Guest Welcome Session (optional)
7:30 – 9:00 pm	Program Session

Daily Schedule

6:45 – 7:45 am	Supplementary Classes: Yoga, Tai Chi, Qigong, or Meditation
7:00 – 9 am	Breakfast at Kitchen Table
9am – 12 pm	Morning Program Session
11:30 – 1:30 pm	Lunch at Kitchen Table
2pm – 4 pm	Afternoon Program Session
4:45 – 5:45 pm	Supplementary Classes: Yoga, Tai Chi, Qigong, or Meditation
5:30 – 7:00 pm	Dinner at Kitchen Table
7:30 – 9:00 pm	Evening Program Session or Events

Closing Day

6:45 – 7:45 am	Supplementary Classes: Yoga, Tai Chi, Qigong, or Meditation
7:00 – 9 am	Breakfast at Kitchen Table
9 am – 11:00 am	Morning Program Session
12:00pm NOON	Checkout Time
11:30am – 1:30 pm	Lunch at Kitchen Table— <i>Departure day lunch is included in your stay.</i>