

SCHEDULE

1440 MULTIVERSITY SAMPLE DAILY SCHEDULE AND CLASS DESCRIPTIONS

This schedule gives a general idea of what the rhythm of your stay will be like. Program session times vary. You will receive your program schedule when you check in.

Arrival Day

2:15 PM	Check-In Begins Rooms are ready by 4:00 pm. Luggage storage is available.
5:00 – 6:15 PM	Embodied Movement or Meditation Class
5:30 – 7:30 PM	Dinner Kitchen Table
6:30 – 7:00 PM	Guest Welcome Session For Friday and Sunday arrivals
7:30 – 9:00 PM	Opening Faculty Program Session

Departure Day

7:00 – 8:15 AM	Embodied Movement or Meditation Class
7:00 – 9:00 AM	Breakfast Kitchen Table
Morning	Faculty Program Session Start times vary from 8:30 to 9:00 am. Sessions are about 3 hours long.
12:00 PM	Checkout Time
12:00 – 2:00 PM	Lunch Kitchen Table. Departure day lunch is included in your stay.

Daily

7:00 – 8:15 AM	Embodied Movement or Meditation Class
7:00 – 9:00 AM	Breakfast Kitchen Table
Morning	Faculty Program Session Start times vary from 8:30 to 9:00 am. Sessions are about 3 hours long.
12:00 – 2:00 PM	Lunch Kitchen Table
Afternoon	Faculty Program Session Start times vary from 1:30 to 2:00 pm. Sessions are about 2 hours long.
5:00 – 6:15 PM	Embodied Movement or Meditation Class
5:30 – 7:30 PM	Dinner Kitchen Table
7:30 – 9:00 PM	Evening Events or Free Time

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Embodied Movement or Meditation Class Descriptions

A highlight of the campus experience is your free time. Whether you walk in the redwoods or take a movement or meditation class, you'll have the chance to relax and rejuvenate. Below are examples of some of the classes we offer in rotation—a schedule will be available at check-in. These classes are specially designed to be multi-level, perfect for both new and experienced students, and are accessible for all age groups and physical conditions.

Yoga

Connect the body, mind, and breath with our medium-paced yoga class. Suitable for all levels of experience and ability.

Tai Chi

Explore nourishing moving meditations that build internal strength, deep vitality, and balance throughout the whole body.

Qigong

Mirror the movements of nature using circular, fluid, and spiraling motion to harness the power of qi: life-force energy.

Meditation

Attune to the present moment with mindful breathing, followed by silent meditation. Some meditation classes may include group or partner sharing.