

SCHEDULE

THE FEEL GOOD SUMMIT DAILY SCHEDULE AND CLASS DESCRIPTIONS

Friday, July 19th

2:15 PM	Check-In Begins Rooms are ready by 4:00 pm. Luggage storage is available.
5:00 – 6:15 PM	1440 Supplemental Session Meditation / Yoga
5:30 – 7:30 PM	Dinner / Group Connection Kitchen Table
6:30 – 7:00 PM	Guest Welcome Session For Friday and Sunday Arrivals
7:30 – 9:00 PM	Judy & Afrouz Program Session

Sunday, July 21st

7:00 – 8:15 AM	1440 Supplemental Session Meditation / Yoga
7:00 – 9:00 AM	Breakfast Kitchen Table
9:00 AM – 12:00 PM	Judy & Afrouz Program Session Judy (Group A) & Afrouz (Group B) Morning session separate rooms.
12:00 PM	Checkout Time
12:00 – 2:00 PM	Lunch Kitchen Table. Departure day lunch is included in your stay.

Saturday, July 20th

7:00 – 8:15 AM	1440 Supplemental Session Meditation / Yoga
7:00 – 9:00 AM	Breakfast Kitchen Table
9:00 AM – 12:00 PM	Judy & Afrouz Program Session Judy (Group A) & Afrouz (Group B). Morning session separate rooms.
12:00 – 2:00 PM	Lunch Kitchen Table
2:00 – 4:00 PM	Judy & Afrouz Program Session Judy (Group A) & Afrouz (Group B)

5:00 – 5:45 PM	Zumba Fitness
5:00 – 6:15 PM	1440 Supplemental Session Meditation / Yoga
5:30 – 7:30 PM	Dinner Kitchen Table
7:30 – 9:00 PM	Small Group Connection

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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.