



YPO Sample Program Schedule

We look forward to welcoming you to the YPO Quebec Chapter Retreat. Below you will find a sample schedule of programming. **Please note: This program has a start time of 5:00 p.m. on Tuesday, April 15.** We invite you to check in between 2:00-5:00 p.m. to settle into your guest room and become acquainted with campus. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email inquiries@1440.org with any questions you may have.

FOUR-DAY SAMPLE SCHEDULE		
	TIME	ACTIVITY
DAY 1	2:00-5:00 p.m.	Arrivals, Registration & Guestroom Check-In
	2:00-5:00 p.m.	Retreat Check-In and Intake
	4:00-4:45 p.m.	Signature Class: Nature Walk/Campus Tour/Sanctum TBC
	5:00-6:00 p.m.	1440 Welcome/Opening Ceremony/Orientation
	6:00-7:30 p.m.	Dinner
	8:00-9:00 p.m.	Restorative Yoga with Katie Jacobson
	9:00-10:00 p.m.	Social/Leisure Time (optional)
DAY 2	6:30-7:30 a.m.	Vinyasa Yoga with Katie Jacobson
	7:30-8:00 a.m.	Guided Meditation & Intention Setting
	8:00-9:00 a.m.	Breakfast
	10:00-11:30 a.m.	Preparation & Potential Leadership Discussions
	11:45 a.m.-12:30 p.m.	Meditation or Low Dose Session or Breathwork with David Starfire
	12:30-1:15 p.m.	Lunch
	2:00-3:30 p.m.	Guided Nature Hike
	3:45-6:00 p.m.	Body Work/Breathwork/ Acupuncture/Hot Tub/Movement/IVs (guest choice)
	6:00-7:00 p.m.	Dinner
	7:30-8:30 p.m.	Signature Class: Soundbath
	8:30-10:00 p.m.	Social/Leisure Time (optional)





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FOUR-DAY SAMPLE SCHEDULE (CONT.)		
	TIME	ACTIVITY
DAY 3	6:30-7:30 a.m.	Vinyasa Yoga with Katie Jacobson
	7:30-8:00 a.m.	Meditation/Breathwork
	8:00-9:00 a.m.	Breakfast
	9:30-11:30 a.m.	Group 1: Ketamine IM
	9:30-11:30 a.m.	Group 2: Breathwork & Live Music with David Starfire
	11:00 a.m.-12:30 p.m.	Integration In Nature
	12:30-1:30 p.m.	Integration Lunch
	2:00-6:00 p.m.	Body Work/Breathwork/ Acupuncture/Hot Tub/Movement/IVs (guest choice)
	6:00-7:00 p.m.	Dinner
	7:30-9:30 p.m.	Sound Healing with Laura Inserra
	9:30-10:00 p.m.	Social/Leisure Time (optional)
DAY 4	7:00-8:00 a.m.	Breathwork with Christian de la Huerta
	7:00-8:00 a.m.	Guided Nature Hike
	7:30-9:00 a.m.	Breakfast
	9:00-11:00 a.m.	Guestroom Check-Out & Departures
	9:30-11:00 a.m.	Closing Circle, Final Integration & Next Steps

***Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts and weather conditions. Services and schedules are subject to change.

