

Daily Schedule

The daily schedule shows what the rhythm of your stay may be like. While the timing of your specific program sessions may vary, you will have plenty of time to enjoy meals, activities, and numerous campus amenities during your stay. You will receive your personalized schedule when you check in.

Arrival Day

2:15 pm	Check-in begins; rooms are ready by 4:00 pm (Luggage Room available to store bags until 4:00)
4:45–5:45 pm	Supplementary Classes: Yoga, Meditation, Qi Gong or Tai Chi
5:30–7:00 pm	Dinner
6:45–7:15 pm	Guest Welcome Session
7:30–9:00 pm	Opening program session

Daily

6:45–7:45 am	Supplementary Classes: Yoga, Meditation, Qi Gong or Tai Chi
7:00–8:30 am	Breakfast
Morning	Program session (start times vary from 8:30 to 9:00 am; sessions run about 3 hours)
11:30–1:30 pm	Lunch
Afternoon	Program session (start times vary from 1:30 to 2:00 pm; sessions run about 2 hours)
4:45–5:45 pm	Supplementary Classes: Yoga, Meditation, Qi Gong or Tai Chi
5:30–7:00 pm	Dinner
7:30–9:00 pm	Evening events or solo time

Departure Day

6:45–7:45 am	Supplementary Classes: Yoga, Meditation, Qi Gong or Tai Chi
7:00–8:30 am	Breakfast
Morning	Program session (start time varies from 8:30 to 9:00; sessions run about 2 hours)
12:00 noon	Checkout time
11:30–1:00 pm	Lunch (departure day lunch is included in your stay)