

Just Practice Package

Time	Arrival Day	Regular Day	Departure Day
7:00-7:45 *		Group Meditation (Optional) **	Group Meditation (Optional) **
8:15-8:45		Breakfast	Breakfast
8:45-11:00		Personal Practice/Self Care	Personal Practice/Self Care
11:00-12:00		Karma Yoga	Personal Practice
12:30-1:00		Lunch	Lunch and Departure
1:00-3:00		Personal Practice	
3:00-4:30	Arrival and Orientation		
4:30-6:00	Personal Practice		
6:00-6:30	Dinner	Dinner	
6:30-7:30	Personal Practice	Personal Practice	
7:30-8:30	Optional Group Meditation **	Optional Group Meditation **	
8:30-onwards	Self-care & bed	Self-care & bed	

Notes:

* Summer schedule
Group Meditation starts
at 6:30 am

** The option to join
group meditations may
be available, depending
on onsite schedule