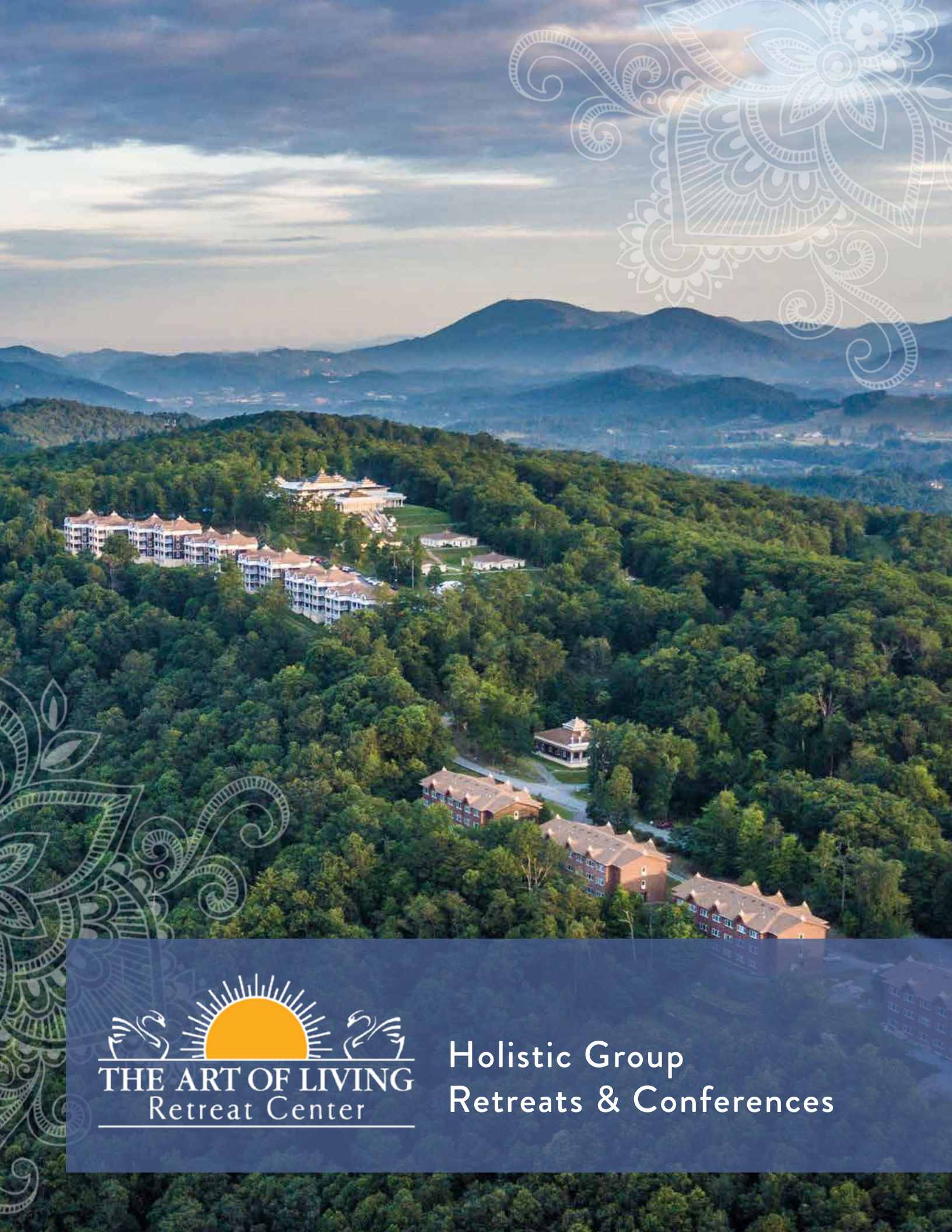




Holistic Group
Retreats & Conferences



Set amidst 380+ breathtaking acres of pristine forest high up in the Blue Ridge Mountains of Boone, North Carolina, the Art of Living Retreat Center is a renowned sanctuary of peace that eases the mind and inspires the soul.

Our tranquil grounds and energizing facilities have accommodated countless transformational events that span multiple days and weeks for groups ranging in size from 75 to 600.

Each year, our beautiful center serves as a life-changing place of convergence for numerous programs, workshops, conferences, and retreats.

We're here to make your retreat effortless—serving both you and your group with a range of accommodations, nourishing vegetarian meals, and the care and space for each unique journey. Enjoy an experience you and your guests will be talking about long after your event ends.



VEDIC ARCHITECTURE

The Art of Living Retreat Center campus has been designed based on the principles of Vedic architecture. Rather than a style of construction, it is founded upon a set of principles that recommend building in accordance with the organization of the universe to promote the health and happiness of the inhabitants within.

There are subtle effects—orientation, proportion, and room placement—as well as distinguishing features such as

- A Brahmasthan, an empty space in the center of a building that corresponds to the silent field of pure consciousness at the source of life.
- The ornamental rooftop kalash
- A Vastu fence to define the building space

Most importantly, Vedic architecture places emphasis on the orientation of the brain in relation to the cosmos. A key principle is that the sun's energy is most nourishing when it is rising, so orientating a building to face east bestows health, happiness, harmony, wealth and spiritual growth upon its occupants.



ELEVATE YOUR EVENT.

In addition to incredible views and the peaceful, natural beauty of our surroundings, the Art of Living Retreat Center offers expert customized support and an atmosphere of community that insures an immersive experience for your group.

From your first contact through the final day of your event, our staff is here for you. Hosting your event with us means one-stop planning—from ticketing to housing to catering to activities.

We've hosted thousands of guests here on the mountain and we love what we do. You'll see that in the care and attention we put into your event and insuring your satisfaction.

Features

Everything from A-Z: Ticketing, accommodations and meals, tea & coffee, snacks, parking, daily workshops, and access to our entire campus and its amenities can be included in your package.

Props and A/V

We provide yoga mats, blocks, straps, back jacks, and blankets, and have a variety of A/V equipment on site to accommodate any typical presentation.

Workshops

You and your guests have access to our daily schedule of signature workshops in meditation, yoga, Ayurveda and more.

VENUE SPACES

GROUPS FROM 75 TO 600

The Art of Living Center here in Boone, North Carolina, is the perfect setting to host and experience as a student. I've been here with a thousand people and with small intimate groups and it's magical, transcendental!

Yoga, meditation, mindfulness, consciousness, anything that has correlation with self-improvement and giving us the practices to have a magical life—believe me, this is the location to choose.”

—Ismael Cala, author, journalist, and life and human development coach



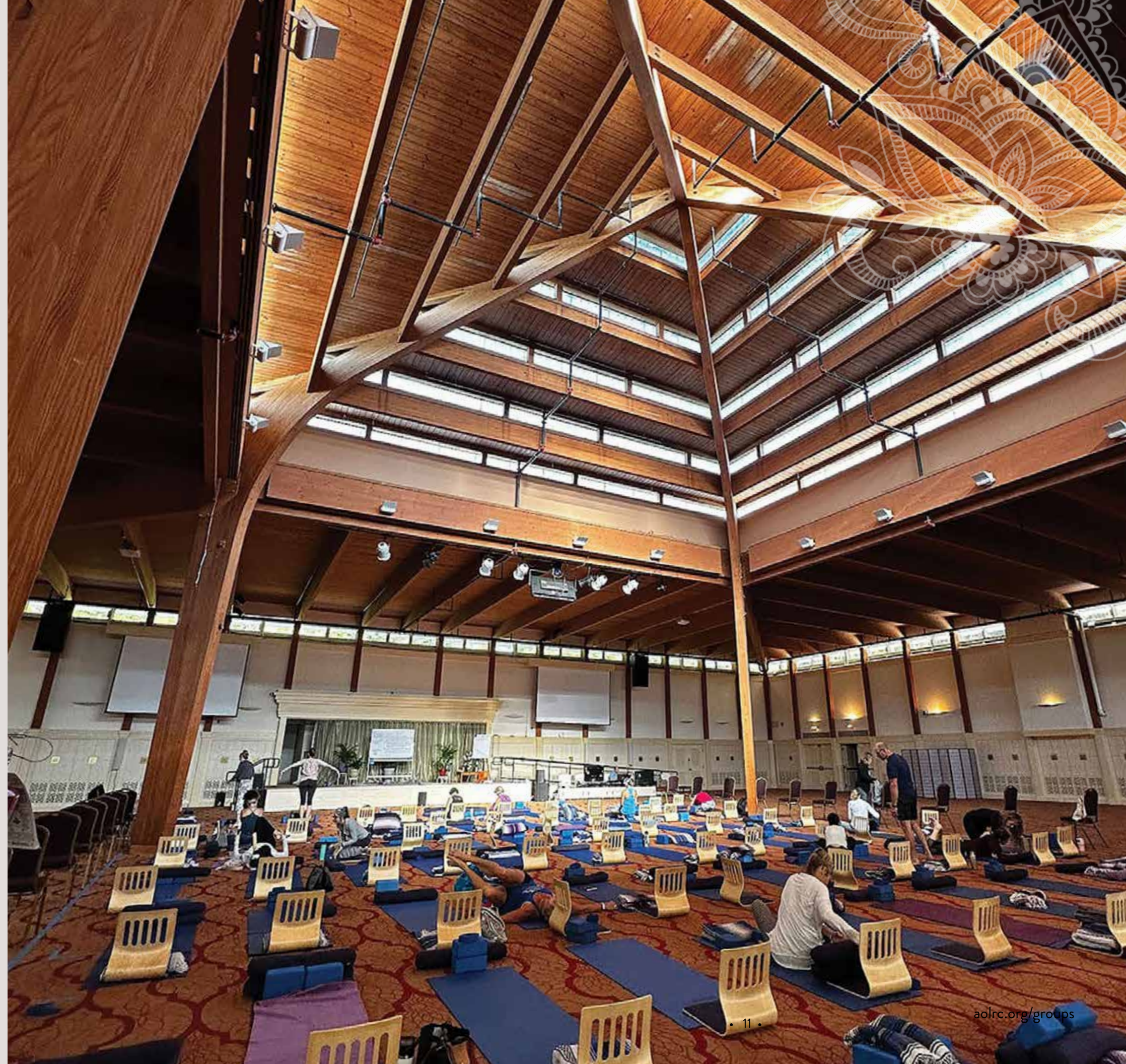
THE MAIN HALL

Size: 17,500 square feet

CAPACITY

- Seated Event 1,150
- Meditation Workshop 900
- Yoga Retreat 500
- Classroom 1,000

Ideal for large groups and events, the Main Hall features stunning natural light and a spacious grand room. A granite stone foyer leads to a natural wood interior and striking multi-tiered skylight that gives the venue a surprising coziness. The event space also has a performance stage with professional lighting and an advanced audio-visual system.



SHAKTI HALL

Size: 5,000 square feet

CAPACITY

- Seated Event 200
- Yoga Retreat 70
- Classroom 60

Special features of the spacious Shakti Hall include two small break-out rooms, atmospheric multi-tier lighting, and a spectacular wood-worked open ceiling.

Located on a hillside, even farther from the hustle and bustle of modern life than the rest of the center, Shakti Hall is an ideal place for a quiet retreat or meeting. The only sounds to break the silence are the rustle of leaves in the wind and the quiet songs of the local mountain birds.





VEDA HALLS

Size: 2,800 square feet

CAPACITY

- Seated Event 150
- Yoga Retreat 60
- Classroom 48

Each of the four special venues we call Veda Halls feature spacious, open floor plans, plenty of natural light, and freely flowing air through the tall windows surrounding each hall.

These hilltop event spaces are situated next to each other near the mountain top, making them ideal for groups requiring adjacent retreat spaces and/or break-out rooms. Two halls are carpeted and two have hardwood flooring, which works well for yoga and performance groups.

“We had the most spectacular experience—from the beautiful scenery of the mountains to the luxurious rooms, from the spa treatments to the yoga, everything was fabulous. The entire staff was so accommodating. It was really amazing.”

—Val Spies, Owner Lotus Pond Center for Yoga and Health



Serenity and relaxation await in our warm and inviting rooms. Guests may choose private or shared rooms based on their needs. **All rooms have en-suite bathrooms.** We can accommodate up to 500 guests on-site.

Hotel Rooms

Many of our premium rooms offer incredible vistas of the Blue Ridge Mountains, along with expected hotel room amenities.

- King, Full, or Twin Beds
- Private Bathrooms
- Fridge, Television, and Writing Desk
- Free Wi-Fi

Retreat Rooms

Our standard rooms are an option for those who are looking for simplicity and more affordable accommodation.

- Twin Beds
- Private Bathrooms
- Writing Desk
- Free Wi-Fi





When you book your event at the Art of Living Retreat Center, your group is invited to participate in our many soul-feeding activities—daily yoga and meditation, Ayurveda workshops, nightly kirtan, miles of hiking trails, fitness and steam rooms, and much more.

DAILY YOGA

Sri Sri Yoga is a holistic and energizing practice, integrating mind, body, and spirit.

DAILY MEDITATION

Rejuvenate from within—deep rest for mind and body.

FIRE CIRCLE

Close the day at a fire circle under the stars!

NATURE WALKS

Nearby trails offer both walkers and experienced hikers miles of in-depth exploration.

KIRTAN

Community singing with an emphasis on both ancient chant and modern melodies.

LABYRINTH

Take an inner journey to open the mind to the present moment.

ACTIVITIES



FITNESS ROOM

Free weights, weight machines, stationary bikes, and treadmills; open 24/7.

STEAM ROOM

Relax after a workout or before bed.

ADD-ON ACTIVITIES (Additional Fees)

POTTERY STUDIO

Gain hands-on experience in throwing on the wheel and hand-building.

AYURVEDA COOKING CLASSES

Learn how to best nourish your specific body type and thrive in every season.

VISIT BOONE

Only a short drive down the mountain is Boone—a city famous as a vacation destination, with miles of scenic trails, serene lakes, historic sites, climbable cliffs, ski slopes, horseback riding, whitewater rapids, and kayaking spots, local Appalachian music, and delightful dining.

AMENITIES



SHANKARA AYURVEDA WELLNESS

The award-winning Shankara Ayurveda Wellness has been rated one of the best in the country by many nationwide publications, including *USA Today*, *The Washington Post*, and *Organic Spa*.

Event hosts and attendees can enhance their experience by choosing from a wide selection of Ayurvedic treatments for whole-body nourishment and renewal—the perfect integration of your program with well-being. Our therapists work with each body to encourage stress relief, growth, and healing—bringing guests into an open, blissful, and restored state.





DINING

Drawing on influences from the local harvest in Boone to Bombay and even the Caribbean, our chefs aim to please the palate with vegetarian nourishment made from fresh, seasonal ingredients designed to energize and nourish all body types—three healthy and delicious meals a day.

Meals are served buffet-style. We offer many meat-free and vegan options; our kitchen can create specialized vegetarian menus as well.

We cater to gluten, dairy, soy, and nut-related allergies, and list allergens and ingredients on our menus.

Our Food Philosophy

1. We are a vegetarian, mostly whole-foods kitchen.
2. The ancient science of Ayurveda inspires us.
3. Our menus are welcoming, inspiring, and accommodating.
4. We have the utmost respect for our community and the planet, and are mindful of the impact of our kitchen.
5. Love is at the core of all we do in our kitchen.

Learn more about our food philosophy and dining at the Art of Living Retreat Center at aolrc.org/dining.



GETTING HERE

There are three airports within driving distance from the Art of Living Retreat Center:

Charlotte-Douglas International Airport (CLT) in Charlotte, NC (100 miles)

Tri-Cities Regional Airport (TRI) in Johnson City, TN (80 miles)

Piedmont Triad International Airport (GSO) in Greensboro, NC (110 miles)

Airport Shuttle

The Hickory Hop shuttle goes from Charlotte airport to Boone five times daily. The cost is \$90 each way or \$180 round trip per person. Reservations required.

Car Rental

Enterprise, Avis, Alamo, Hertz, National, and Budget all offer car rentals at Charlotte airport.

Uber

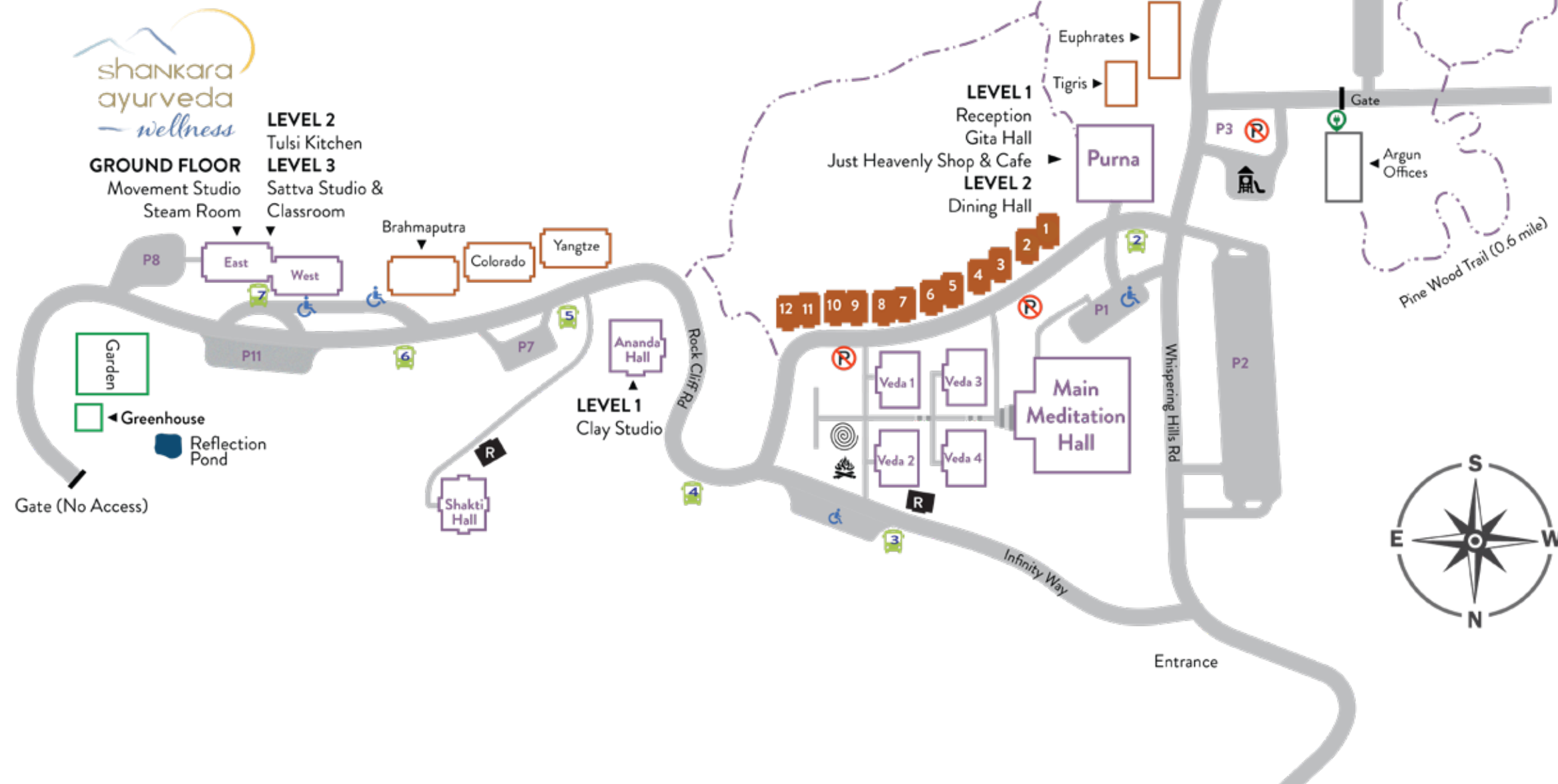
It is possible to take an Uber from Charlotte airport all the way to the Center. This can be very cost-effective option when traveling with friends or family.

Public Bus

The Mountaineer Express goes from Boone to Charlotte at 9:25 am and from Charlotte to Boone at 6:00 pm daily. Once you arrive in Boone, you will need to Uber to the Center.



- | | |
|---------------|---------------------|
| 1 Thames | Nature Trail |
| 2 Seine | P Parking |
| 3 Amazon | EV Charging |
| 4 Danube | Handicap Parking |
| 5 Rhine | Shuttle Stop |
| 6 Kakita | Playground |
| 7 Mississippi | Residential Parking |
| 8 Shannon | Restroom |
| 9 Nile | Labyrinth |
| 10 Volta | Bonfire Pit |
| 11 Rio Grande | Road Gate |
| 12 Ganga | Stairs |



CAPACITIES OVERVIEW

VENUE	DIMENSIONS LxW	SQ FOOTAGE	SEATED	MEDITATION	YOGA	CLASSROOM
Main Hall	132x132	17,500	1,150	900	500	1000
Shakti Hall	71x71	5,000	200	70	70	60
Veda 1	53x53	2,800	150	60	60	48
Veda 2	53x53	2,800	150	60	60	48
Veda 3	53x53	2,800	150	60	60	48
Veda 4	53x53	2,800	150	60	60	48
Demo Kitchen			12			
Purna Terrace Yoga					45	
Fire Pit			30	100		



639 Whispering Hills RD
Boone, NC 28607
800.392.6870 | aolrc.org/groups

The Art of Living Retreat Center is a 501(c)(3) non-profit whose mission is to reawaken the human values of compassion, love, togetherness, joy, and harmony in order to realize a true representation of a one-world family—a place that unites people from all walks of life in the spirit of wisdom, celebration, and service to the world.