



Activity Schedule May 4 - May 10

R&R Retreats | Wellness Escapes

Please sign up for Ayurvedic Cooking Demo and Art Classes at the Wellness Desk.

MONDAY

9:45 - 10:45 am SRI SRI YOGA *Allie Sattva Studio*
11:00 - 12:00 pm GUIDED MEDITATION *Allie Sattva Studio*
1:30 - 2:15 pm YOGA NIDRA *Beverly Sattva Studio*
2:45 - 3:45 pm MEDITATIVE MALA MAKING *Beverly Classroom*
4:15 - 5:15 pm HATHA FLOW *Beverly Sattva Studio*
5:30 - 6:00 pm GUIDED MEDITATION *Beverly Sattva Studio*
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN *Gita Hall*

TUESDAY

9:45 - 10:45 am SRI SRI YOGA *Allie Sattva Studio*
11:00 - 12:00 pm GUIDED MEDITATION *Allie Sattva Studio*
1:30 - 2:30 pm SOUND BATH *Benji Sattva Studio*
3:00 - 3:45 pm HERBAL MEDICINE MAKING *Benji Tulsi Kitchen*
4:15 - 5:15 pm VINYASA FLOW *Benji Sattva Studio*
5:30 - 6:00 pm GUIDED MEDITATION *Benji Sattva Studio*
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN *Gita Hall*

WEDNESDAY

9:45 - 10:45 am SRI SRI YOGA *Allie Sattva Studio*
11:00 - 12:00 pm GUIDED MEDITATION *Allie Sattva Studio*
1:30 - 2:15 pm YOGA NIDRA *Beverly Sattva Studio*
2:45 - 3:45 pm DINACHARYA | THE AYURVEDIC DAILY ROUTINE *Aditi Classroom*
4:15 - 5:15 pm RESTORATIVE YOGA *Beverly Sattva Studio*
5:30 - 6:00 pm GUIDED MEDITATION *Beverly Sattva Studio*
7:00 - 7:20 pm PROGRAM ORIENTATION & PROPERTY OVERVIEW *Dining Hall*
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN *Gita Hall*

THURSDAY

7:30 - 8:30 am SUNRISE YOGA AOL *Teacher Gita Hall*
7:30 - 8:30 am SUNRISE HIKE & BREATHWORK *Benji Main Meditation*
9:45 - 10:45 am SRI SRI YOGA *Allie Sattva Studio*
11:00 - 12:00 pm GUIDED MEDITATION *Allie Sattva Studio*
1:30 - 2:30 pm SOUND BATH *Benji Sattva Studio*
2:45 - 4:00 pm SWEET TREATS COOKING DEMO | *Swapna Tulsi Kitchen*
Please sign up for cooking classes prior to noon to secure your spot
4:15 - 5:15 pm VINYASA POWER FLOW *Benji Sattva Studio*
5:30 - 6:00 pm GUIDED MEDITATION *Benji Sattva Studio*
7:00 - 7:20 pm PROGRAM ORIENTATION & PROPERTY OVERVIEW *Dining Hall*
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN *Gita Hall*
8:30 - 9:30 pm DRUM CIRCLE *Dining Hall*

MEAL TIMES

Breakfast

7:30–9:30 am

Lunch

12:00–1:30 pm

Dinner

6:00–7:30 pm

Our food offering is fresh, seasonal, vegetarian comfort food, made with love.

ART STUDIO

Sink your hands into a slab of cool clay and let your inner child play!

Glazing and shipping are included.

Please sign up at Wellness Desk.

Hand Building

Monday

1:00 pm

2:30 pm

Thursday

1:00 pm

2:30 pm

60 Minutes

\$65 All Guests



Shankara
AYURVEDA WELLNESS SPA

FRIDAY

7:30 - 8:30 am SUNRISE YOGA AOL *Teacher* **Gita Hall**
9:45 - 10:45 am SRI SRI YOGA *Chaitali* **Sattva Studio**
9:45 - 10:45 am FOOD & MOOD *Mira* **Tulsi Kitchen**
11:00 - 11:30 am GUIDED MEDITATION *Chaitali* **Sattva Studio**
11:30 - 12:30 pm MEDITATIVE MALA MAKING *Beverly* **Classroom**
1:30 - 2:15 pm YOGA NIDRA *Beverly* **Sattva Studio**
2:45 - 3:45 pm INTRODUCTION TO AYURVEDA *Mira* **Classroom**
4:15 - 5:15 pm HATHA FLOW *Mira* **Sattva Studio**
5:30 - 6:00 pm GUIDED MEDITATION *Mira* **Sattva Studio**
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN **Gita Hall**

MEAL TIMES**Breakfast**

7:30–9:30 am

Lunch

12:00–1:30 pm

Dinner

6:00–7:30 pm

Our food offering is
fresh, seasonal,
vegetarian comfort
food, made with love.

SATURDAY

7:30 - 8:30 am SUNRISE YOGA AOL *Teacher* **Gita Hall**
7:30 - 8:30 am SUNRISE HIKE & MANTRA CHANTING *Benji* **Main Meditation**
9:45 - 10:45 am SRI SRI YOGA *Chaitali* **Sattva Studio**
9:45 - 10:45 am DETOX & WEIGHT LOSS THROUGH AYURVEDIC LENS *Mira* **Classroom**
11:00 - 11:30 am GUIDED MEDITATION *Chaitali* **Sattva Studio**
11:00 - 12:00 pm HATCHET THROWING & ARCHERY *Benji* **Bonfire Pit**
1:30 - 2:30 pm SOUND BATH *Benji* **Sattva Studio**
2:45 - 4:00 pm SAVORY COOKING DEMO | SEASONAL COOKING *Swapna* **Tulsi Kitchen**
Please sign up for cooking classes prior to noon to secure your spot.
4:15 - 5:15 pm KUNDALINI YOGA *Benji* **Sattva Studio**
5:30 - 6:00 pm GUIDED MEDITATION *Benji* **Sattva Studio**
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN **Gita Hall**
8:30 - 9:30 pm DRUM CIRCLE **Dining Hall**

SUNDAY

7:30 - 8:30 am SUNRISE YOGA AOL *Teacher* **Gita Hall**
9:45 - 10:45 am SRI SRI YOGA *Chaitali* **Sattva Studio**
11:00 - 12:00 pm YOUR PATH TO WELLNESS *Mira* **Sattva Studio**
2:45 - 3:45 pm OPTIMIZE YOUR GUT HEALTH *Mira* **Classroom**
4:15 - 5:15 pm HATHA YOGA *Mira* **Sattva Studio**
5:30 - 6:00 pm GUIDED MEDITATION *Mira* **Sattva Studio**
7:30 - 8:15 pm MEDITATIVE CHANTS/KIRTAN **Gita Hall**

To get the most out of your experience and as a courtesy to all of our guests, we ask that you

- Please arrive on time for class; do not enter classes if you are more than five minutes late.
- Do not bring cell phones into the sacred space of the Sattva Studio. Please turn off cell phone notifications and avoid talking on your phone in public spaces.



Shankara

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