

# Journey into Healing Sample Schedule



<b>6:30 a.m.</b>	<i>Seven Spiritual Laws of Yoga</i> class
<b>8:30 a.m.</b>	General session and group meditation
<b>12:00 noon</b>	Ayurvedic lunch
<b>2:00 p.m.</b>	General session and group meditation
<b>5:45 p.m.</b>	<i>Seven Spiritual Laws of Yoga</i> class or nature walk
<b>6:45 p.m.</b>	Ayurvedic dinner
<b>Evening</b>	Various lectures

\*Breakfast is on your own each morning (time is allotted for this)



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While the schedule at each event varies, this schedule of a sample day will give you a good sense of the flow of activities, sessions, meals, and meditations at *Journey into Healing*.

\*This sample schedule is subject to change without notice.