

Sample Schedule

What is a typical day like at **A WEEKEND WITHIN**

7:00 – 8:00	<i>Seven Spiritual Laws of Yoga</i> class
8:00 – 8:45	Breakfast Break (on your own)
8:45 – 9:15	Primordial Sound Group Meditation
9:15 – 10:45	<i>Primordial Sound Meditation Course: Part II</i>
10:45 – 11:00	Break
11:00 – 1:00	General Session*
1:00 – 2:30	Lunch Break (on your own)
2:30 – 4:00	General Session*
4:00 – 4:15	Break
4:15 – 4:45	<i>Primordial Sound Group Meditation</i>
4:45 – 5:00	Break
5:00 – 6:15	Conscious Movement Meditation
6:15 – 7:30	Dinner Break (on your own)
7:30 – 8:30	Entertainment

*General Session speakers include Deepak Chopra, M.D.; David Simon, M.D.; davidji; and other master Chopra Center educators.

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, meditations, and break times at **A WEEKEND WITHIN**.

*This sample schedule is subject to change without notice.