

Upstate NY Schedule

THURSDAY

3 PM ARRIVAL
4PM WELCOME CIRCLE
6:30 PM DINNER
RELAX

FRIDAY

7 AM ASANA/PRANAYAM/MEDITATION
9 AM BREAKFAST
FREE TIME
1 PM LUNCH
FREE TIME
4-6 INQUIRY/MEDITATION
6:30 PM DINNER
RELAX

SATURDAY

7 AM ASANA/PRANAYAM/MEDITATION
9 AM BREAKFAST
FREE TIME
1 PM LUNCH
FREE TIME
4-6 INQUIRY/MEDITATION
6:30 PM DINNER
RELAX

SUNDAY

7 AM ASANA/PRANAYAM/MEDITATION
9 AM BREAKFAST
DEPARTURE

The logo for Arrow Yoga, consisting of the words "ARROW YOGA" in a sans-serif font, enclosed within a thin black oval border.

ARROW YOGA



THURSDAY

3 PM ARRIVAL

DANI GUIDE'S YOU TO YOUR ROOM TO SETTLE IN

4-6 PM WELCOME CIRCLE

MEET IN THE BARN TO GATHER AS A GROUP FOR THE FIRST TIME.

6:30 PM DINNER

ANN, OUR AMAZING LOCAL AND CONSCIOUS DRIVEN FARMER & CHEF WILL BE PROVIDING THE MOST NUTRITIOUS MEALS FOR US. ENJOY A FAMILY STYLE MEAL TOGETHER IN THE MAIN HOUSE

RELAX



YOGA CLOTHES TO MOVE IN
COZY LOUNGE WEAR TO EAT DINNER IN
BRING A BOOK TO SINK INTO NEAR THE FIREPLACE



FRIDAY-SATURDAY

7-9 AM PRACTICE
75 MINUTE ASANA PRACTICE
20 MINUTE PRANAYAMA
25 MINUTE MEDITATION

9 AM BREAKFAST

FREE TIME

1 PM LUNCH

FREE TIME

4-6 PM PROCESS
A GENTLE PRACTICE WILL GUIDE US INTO ANOTHER
OPPORTUNITY FOR STILLNESS

6:30 PM DINNER

- FREE TIME ACTIVITIES:
- TAKE A LONG HOT BATH
 - BOOK A MASSAGE
 - EXPLORE THE SURROUNDING FOREST
 - REST INSIDE OF THE OUTDOOR SAUNA
 - PLAY GAMES
 - NAP
 - SPEND TIME ALONE OR IN FRIENDSHIP



YOGA CLOTHES TO MOVE IN
OPTIONAL: HIKING BOOTS, BATHING SUITE FOR SAUNA, LOUNGE WEAR TO RELAX
IN ALL DAY.
**PLENTY OF SNACKS WILL BE PROVIDED THROUGH OUT THE DAY FOR YOU TO
NOURISH YOURSELF.

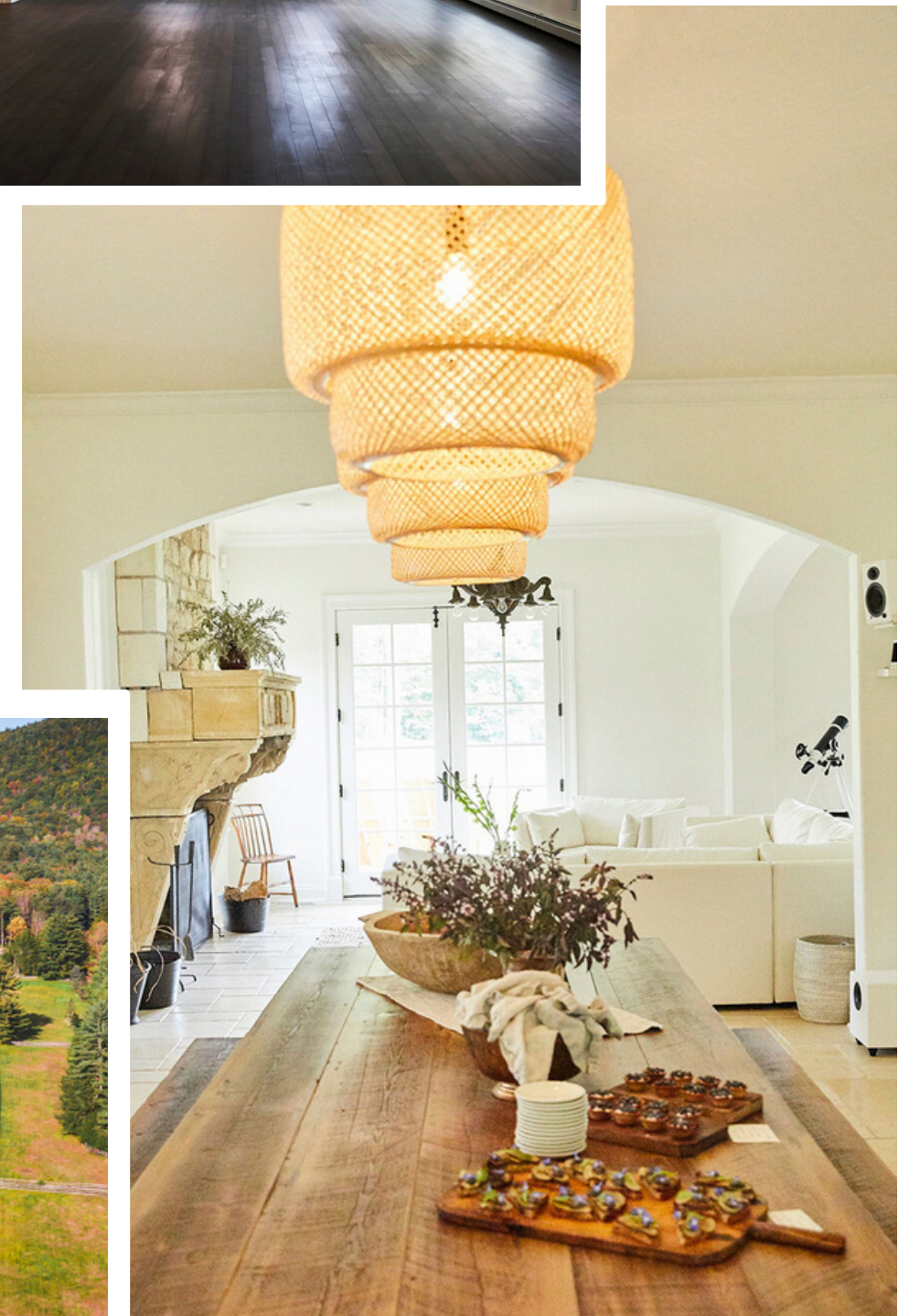


SUNDAY

7-9 AM PRACTICE
75 MINUTE ASANA PRACTICE
20 MINUTE PRANAYAMA
25 MINUTE MEDITATION

9 AM BREAKFAST

11 AM DEPARTURE



YOGA CLOTHES TO MOVE IN
SNACKS FOR THE JOURNEY
YOUR FAVORITE ROAD TRIP PLAYLIST