

Perception, Reflection, and Action

An Art of Life Institute Retreat

August 25 – August 27 | Mount Madonna Center

Retreat Schedule

Friday

- 3:00-6:00 Arrive and pick-up keys (Community Center)
- 3:00-4:00 Check-in and meet & greet (Conference Center)
- 4:00-5:00 Yoga Nidra with Tracy
- 5:15-6:15 Dinner
- 6:30 Mount Madonna orientation
- 7:00-8:30 Welcome and Opening Circle

Saturday

- 8:30-9:45 Yoga with Heather
- 10:00-11:00 Brunch
- 11:30-12:50 Decision Science I: Reflection & Action with Eric
- 1:00-2:00 Break and refreshments
- 2:00-3:20 Perception with Tamar
- 3:30-5:00 Yoga Nidra with Tracy
- 5:15 Dinner
- 7:30-8:30 Rhythmic Experience with Jeni

Sunday

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| 8:00-8:30 | Pranayama & Meditation with Heather |
| 8:30-9:30 | Breakfast |
| 9:45-10:45 | Decision Science II: Patterns of Action with Eric |
| 11:00-12:00 | Yoga with Heather |
| 12-12:30 | Closing Circle |
| 12:30-1:30 | Lunch |
| 1:30- | Until we meet again |

The Art of Life Institute: 650 850-9580

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