

A Day at 1440 Multiversity

This sample daily schedule shows what the rhythm of your stay on campus will be like.

Your specific program session times may vary a bit. However, all programs are arranged to ensure that guests have ample time to enjoy meals, activities, and campus amenities between sessions.

Arrival Day

2:15 pm	Check-in begins. Rooms are ready by 5:00 pm
4:15–5:45 pm	Yoga and Meditation classes
5:30–7:00 pm	Dinner
6:45–7:15 pm	Guest Welcome session
7:30–9:00 pm	Program session

Daily

6:30–7:45 am	Yoga and Meditation classes
7:00–8:30 am	Breakfast
Morning	Program session <i>(Start times vary from 8:30 to 9:30 am; sessions run about 3 hrs)</i>
11:30–1:30 pm	Lunch
12:00–1:00 pm	Yoga, Tai Chi, and Dance classes
Afternoon	Program session <i>(Start times vary from 1:30 to 2:30 pm; sessions run about 2 hrs)</i>
4:15–6:45 pm	Yoga, Meditation, and Tai Chi classes
5:30–7:00 pm	Dinner
7:30–9:00 pm	Evening events or solo time

Departure Day

6:30–7:45 am	Yoga and Meditation classes
7:00–8:30 am	Breakfast
Morning	Program session <i>(Start times vary from 8:30 to 9:00 am; sessions run about 2 hrs)</i>
12:00 noon	Check-out
11:30–1:00 pm	Lunch <i>(Departure day lunch is included in your stay)</i>