



## 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

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

### Daily

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|                  |  |
|------------------|--|
| 6:30–7:45 am     | Yoga and Meditation classes  |
| 7:00–8:30 am     | Breakfast  |
| <b>Morning</b>   | <b>Program session</b><br><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   |
| <b>Afternoon</b> | <b>Program session</b><br><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

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|                |  |
|----------------|--|
| 6:30–7:45 am   | Yoga and Meditation classes  |
| 7:00–8:30 am   | Breakfast  |
| <b>Morning</b> | <b>Program session</b><br><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<br><i>(Departure day lunch is included in your stay)</i>                                     |