

# Work Well Weekend Sample Itinerary

## *Reboot & Refresh Workshop*

Welcome to 1440 Multiversity and your Work Well Weekend stay experience. Please review the below schedule, designed to complement your campus journey to Live, Lead, Love, Work and Wonder Well.

### Friday

3:00 p.m.	Guest Check-In Begins <i>Rooms ready by 4:00 p.m.</i>
3:15-4:30 p.m.	PM Signature Class <i>(examples: Art, Nutrition, Stick Fit)</i>
4:30-5:30 p.m.	Reboot & Refresh Welcome Session: Goal Setting
5:30-7:00 p.m.	Dinner <i>Kitchen Table</i>
7:00-10:00 p.m.	Live Music <i>Common Grounds Patio</i>

### Sunday

7:00-8:30 a.m.	AM Signature Classes: <i>(examples: Meditation, Yoga, Tai Chi)</i>
7:30-9:00 a.m.	Breakfast <i>Kitchen Table</i>
9:30-11:00 a.m.	Reboot & Refresh Session 3: Key Concepts & Takeaways
12:00-1:30 p.m.	Lunch and Checkout <i>Kitchen Table</i>

### Saturday

7:00-8:30 a.m.	AM Signature Classes <i>(examples: Meditation, Yoga, Tai Chi, Nature Walk)</i>
7:30-9:00 a.m.	Breakfast <i>Kitchen Table</i>
9:30 a.m.-12:00 p.m.	Reboot & Refresh Session 2: Inventory & Action Plan
12:00-1:30 p.m.	Lunch <i>Kitchen Table</i>
3:30-5:00 p.m.	PM Signature Classes <i>or Optional Group Coaching Session</i>
5:30-7:00 p.m.	Dinner <i>Kitchen Table</i>
7:00-10:00 p.m.	Live Music <i>Common Grounds Patio</i>

*Please see next page for sample 1440 Signature Class experiences available during your Rest & Renewal weekend. Scheduled times represent a sample weekend and are subject to change.*

# 1440 Signature Classes

## *Reboot & Refresh Workshop*

The 1440 teaching staff consciously provides an array of peaceful yet energizing signature classes for the curious and comfort-seeking individual. Classes are offered and designed to help define and expand boundaries to better cope with or facilitate the change in life that your heart desires.

These classes are specially designed to be multi-level, perfect for both new and experienced students, and are accessible for all age groups and physical conditions. Scheduled classes during your stay may include\*:

### **Meditation**

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Meditation is the practice of quieting the mind, and it cultivates the ability to respond to life with calmness, neutrality, and conscious choice. Whether you are new to this practice or have meditated for years, this class will provide contemporary instruction in the core mindfulness practice of breath meditation. Join our instructors for an experience of guided and silent meditation, infused with conscious breathing to awaken your body and mind to a new day.

### **Yoga**

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Explore your edges through an inspired yoga class designed with everyone in mind. With a strong connection to the breath, we will flow through sequences that keep a steady pace, bring attention to physical alignment, and leave the mind refreshed and rejuvenated.

### **Morning Hike**

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Enjoy being guided along our trails, leading you to our majestic Redwood Cathedral. During the hike, you will learn about and explore local flora and fauna, native uses for plants, and aromatherapy, all while experiencing the magic of the redwoods. Learn about the interconnectedness and resiliency of nature, as well as nature's healing properties. The excursion also has a few surprises along the way, and allows you to rejuvenate mind, body, and spirit.

### **Stick Fitness**

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Discover Stick Fitness, an innovative, playful approach to personal fitness. Stick Fitness incorporates the use of rattan, bamboo, and liquid sticks to explore new and novel stretching techniques while using natural movements to benefit posture, cardiovascular health, coordination, balance, strength, and more. Master new skills toward improved physical fitness and brain health and have a lot of fun in the process.

### **Nature Impressions**

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Engage your tactile senses as you choose leaves and branches from nature to imprint on a gel plate. Create patterns of these natural elements and visually explore color combinations as you apply paint and press on to paper. You then have the option to mount on cardstock to make your own seasonal greeting card. This easy and fun experience gives you the opportunity to be in the present moment as you interact with nature's bounty.

### **Sound Journey**

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Make yourself comfortable and receive the profound benefits of this special meditative experience. The sound of crystal bowls expertly played soothes the nervous system, bypassing the intellectual mind to deeply relax the body. Sound Journey can enhance your connection to insight and optimize your body's ability to relax, restore and heal.

*\*Please Note: Signature Classes are subject to change. For the most up-to-date schedule, please contact Guest Services at the Lodge Front Desk or via our on-campus texting communication tool you will receive upon check-in.*