

R&R SCHEDULE

1440 MULTIVERSITY SAMPLE R&R SCHEDULE AND CLASS DESCRIPTIONS

This schedule gives a general idea of what the rhythm of your stay will be like. While here, you will have plenty of free time in between classes to enjoy meals, our redwood groves, and campus amenities like Healing Arts treatments.

Arrival Day

2:15 PM	Check-In Begins Rooms are ready by 4:00 pm. Luggage storage is available.
5:00 – 6:15 PM	Embodied Movement or Meditation Class
5:30 – 7:30 PM	Dinner Kitchen Table
6:30 – 7:00 PM	Guest Welcome Session For Friday and Sunday arrivals
7:30 – 9:00 PM	Evening Events or Free Time

Daily

7:00 – 8:15 AM	Embodied Movement or Meditation Class
7:00 – 9:00 AM	Breakfast Kitchen Table
12:00 – 2:00 PM	Lunch Kitchen Table
1:00 – 1:45 PM	Movement in Nature Class
5:00 – 6:15 PM	Embodied Movement or Meditation Class
5:30 – 7:30 PM	Dinner Kitchen Table
7:30 – 9:00 PM	Evening Events or Free Time

Departure Day

7:00 – 8:15 AM	Embodied Movement or Meditation Class
7:00 – 9:00 AM	Breakfast Kitchen Table
12:00 PM	Checkout Time
12:00 – 2:00 PM	Lunch Kitchen Table. Departure day lunch is included in your stay.

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We provide options so you can choose how to spend your free time. Soak in the infinity tub, meet up with new friends in the café, or join a movement or meditation class. Below are examples of some of the classes we offer in rotation—a schedule will be available at check-in. 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.

Embodied Movement and Meditation

Yoga

Connect the body, mind, and breath with our medium-paced yoga class. Suitable for all levels of experience and ability.

Tai Chi

Explore nourishing moving meditations that build internal strength, deep vitality, and balance throughout the whole body.

Qigong

Mirror the movements of nature using circular, fluid, and spiraling motion to harness the power of qi: life-force energy.

Meditation

Attune to the present moment with mindful breathing, followed by silent meditation. Some meditation classes may include group or partner sharing.

R&R Specialty Classes

Guided Nature Walk

Develop your inner sense of wonder and presence as you are guided through the redwood forest on 1440's private trails.

Feel Free to Eat

Join our hands-on cooking class to learn the ins and outs of making foods that reduce inflammation and promote brain health. Enjoy mouth-watering samples as you create and cook with confidence.

Live on Purpose

Learn to identify and overcome what's been holding you back, and gain new tools for living your life on purpose. You'll create an easy, actionable plan that defines your next steps.

Interactive Rhythm Session

Learn basic rhythms with percussion instruments to help you release stress and tension, feel grounded, and focus on positive intentions. Get inspired to celebrate life and live with a playful spirit of creativity.

Mandala Art

Relax into this mindful, contemplative art practice inspired by mandala traditions. This class will feature a simple method for tapping into insight and creativity.

Sound Journey

Receive the profound benefits of this special meditative experience as the sound of crystal bowls soothes the nervous system, allowing you to deeply relax.

Find Your Voice

Using timeless songs from many traditions, experience the effects of collective singing that inspires a deeper connection to ourselves, each other, and the spirit of life.