



Sample FLOURISH Program Itinerary

Set your intention for a meaningful campus stay

Faculty program stays at 1440 Multiversity are all-inclusive, and in addition to including all tuition and educational workshops, feature daily nourishing meals served in Kitchen Table, beverages and bites at Common Grounds, the infinity jacuzzi tub at the Healing Arts center, and a wide-ranging selection of indoor and outdoor signature classes and activities.

THREE-DAY SAMPLE ITINERARY		
	TIME	ACTIVITY
DAY 1	2:00 – 4:00 p.m.	Arrivals, Registration & Guestroom Check-In
	4:00 – 5:30 p.m.	Faculty Workshop Session 1 – Welcome
	5:30 – 7:30 p.m.	Dinner in Kitchen Table
	7:00 – 10:00 p.m.	Live Music at Common Grounds
	7:30 – 8:30 p.m.	Evening Signature Class (examples: Sound Journey or Drumming)
DAY 2	7:15 – 8:15 a.m.	Morning Signature Class (Examples: Yoga, Meditation, or Pilates)
	8:00 – 9:00 a.m.	Breakfast in Kitchen Table
	10:00 a.m. – 12:30 p.m.	Faculty Workshop Session 2
	12:30 – 1:30 p.m.	Lunch in Kitchen Table
	1:30 – 3:30 p.m.	Faculty Workshop Session 3
	4:00 – 5:30 p.m.	Afternoon Signature Class (Examples: Forest Bathing or Printmaking Art Class)
	6:00 – 7:00 p.m.	Dinner in Kitchen Table
	7:30 – 8:30 p.m.	Evening Signature Class (Examples: Candle-Lit Yoga or Embodied Joy)
8:30 – 10:00 p.m.	Live Music at Common Grounds	
DAY 3	7:15 – 8:15 a.m.	Morning Signature Class (Examples: Tai Chi or Qigong)
	8:30 – 9:30 a.m.	Breakfast in Kitchen Table
	10:00 a.m. – 12:30 p.m.	Faculty Workshop Session 4
	12:30-1:00 p.m.	Lunch at Kitchen Table
	1:00-3:00 p.m.	Faculty Workshop Session 5 – Closing
	3:30 p.m.	Departures