



Sample Rest & Renewal Itinerary

Set your intention for a meaningful campus stay

Rest & Renewal stays at 1440 Multiversity are all-inclusive, and 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. The possibilities for a unique learning experience and lasting memories are endless. *Please note: All classes are optional so that you can rest and renew at your own pace.*

THREE-DAY SAMPLE ITINERARY		
	TIME	ACTIVITY
DAY 1	2:00 – 4:00 p.m.	Arrivals & Registration – <i>Make yourself at home</i>
	3:00 – 5:00 p.m.	Teaching Kitchen Open House – <i>Learn about Food As Medicine</i>
	4:00 – 5:00 p.m.	Guestroom Check-In – <i>Settle in</i>
	5:30 – 7:30 p.m.	Dinner in Kitchen Table – <i>Nourish yourself</i>
	7:00 – 10:00 p.m.	Live Music at Common Grounds – <i>Socialize in community</i>
	7:30 – 8:30 p.m.	Evening Signature Class (examples: Sound Journey or Drumming) – <i>Relax</i>
DAY 2	7:15 – 8:15 a.m.	Morning Signature Class (Examples: Yoga, Meditation, or Pilates) – <i>Tune in</i>
	8:00 – 9:00 a.m.	Breakfast in Kitchen Table – <i>Nourish yourself</i>
	9:30 – 11:30 a.m.	Faculty-Led Workshop (Examples: Cultivating Creativity or Living a Joyful Life)
	12:00 – 1:00 p.m.	Lunch in Kitchen Table – <i>Nourish yourself</i>
	1:00 – 6:00 p.m.	Rest & Renewal Time – <i>Revitalize</i>
	2:30 – 4:00 p.m.	Afternoon Signature Class (Examples: Forest Bathing or Printmaking Art Class)
	5:00 – 6:00 p.m.	Teaching Kitchen Open House – <i>Learn about Food As Medicine</i>
	6:00 – 7:00 p.m.	Dinner in Kitchen Table – <i>Nourish yourself</i>
	7:30 – 8:30 p.m.	1440 Signature Class (Examples: Candle-Lit Yoga or Embodied Joy) – <i>Relax</i>
8:30 – 10:00 p.m.	Live Music at Common Grounds – <i>Socialize in community</i>	
DAY 3	7:15 – 8:15 a.m.	Morning Signature Class (Examples: Tai Chi or Qigong) – <i>Tune in</i>
	8:30 – 9:30 a.m.	Breakfast in Kitchen Table – <i>Nourish yourself</i>
	9:30 – 11:00 a.m.	Mid-Morning Signature Class (Examples: Guided Nature Walk) – <i>Energize</i>
	11:00 a.m.	Checkout and Departures – <i>Reflect</i>