

# Dartmouth College Group

March 13–16, 2018

Daily yoga classes are offered in various levels mornings, afternoons, and some evenings.  
For rooms and teachers not listed here, please see Information Boards. Private group sessions are in bold.

<b>Tue</b>	4:00pm	Arrival and Check-In	
	4:15–5:30	Kripalu Yoga Classes	
	4:30–5:30	<b>Group Check-in</b>	<b>Yoga Studio</b>
	5:30–7:00	Dinner	
	7:30–8:30	<b>Riding the Wave with Susannah Gale</b>	<b>Yoga Studio</b>
<b>Wed</b>	6:30–7:45 am	Daily Yoga Classes	
	7:00–8:30	Breakfast	
	<b>8:30–10:00</b>	<b>Breath, Relax, Reset with Michelle Dalbec</b>	<b>Yoga Studio</b>
	<b>10:30–11:30</b>	<b>Science of Self Care Massage with Michelle Dalbec</b>	<b>Yoga Studio</b>
	11:45–1:30 pm	Lunch	
	12:00–1:00	Kripalu Yoga Dance or Vinyasa Yoga Class	
	<b>2:00–3:30</b>	<b>Guided Hiking with Michelle Dalbec</b>	<b>Meet in the Lobby</b>
	4:15–5:30	Kripalu Yoga Classes	
	5:30–7:00	Dinner	
	<b>5:40–6:30</b>	<b>Group Check-in</b>	<b>Yoga Studio</b>
7:30–9:00	Evening Event		
<b>Thu</b>	6:30–7:45 am	Daily Yoga Classes	
	7:00–8:30	Breakfast	
	9:00–10:30	Optional R&R Workshop	
	<b>10:30–11:30</b>	<b>Hero's Journey with Micah Mortali</b>	<b>Yoga Studio</b>
	11:35–1:30 pm	Lunch	
	12:00–1:00	Kripalu Yoga Dance or Vinyasa Yoga Class	
	<b>2:00–3:30</b>	<b>Stress Resilience Strategies with Michelle Dalbec</b>	<b>Yoga Studio</b>
	4:15–5:30	Kripalu Yoga Classes	
	5:30–7:00	Dinner	
	<b>5:40–6:30</b>	<b>Group Check-in</b>	<b>Yoga Studio</b>
7:30–9:00	Kirtan		
<b>Fri</b>	6:30–7:45 am	Daily Yoga Classes	
	7:00–8:30	Breakfast	
	<b>9:00–10:30</b>	Optional R&R Workshop	
	<b>10:45–11:30</b>	<b>Tools for Manifestation with Susannah Gale</b>	<b>Yoga Studio</b>
	11:30–12:00	Checkout of Guest Rooms	
	11:45–1:30 pm	Lunch	
	12:00–1:00	Kripalu Yoga Dance or Vinyasa Yoga Class	
	1:30	Departure	

Kripalu