



# Tentative Schedule for *Recovery with Yoga*

The Recovery with Yoga schedule, developed by Brian Hyman, is designed to support your journey through addiction recovery with intention, compassion, and purpose. Through a blend of yogic philosophy, somatic practices, and mindfulness tools, you'll gain practical strategies to heal, grow, and navigate life with greater clarity, strength, and presence.

## Day 1

3:00-4:30 p.m.	Guest Arrivals
4:30-5:00 p.m.	1440 Welcome & Opening Session
6:00-7:00 p.m.	Dinner at Kitchen Table
7:00-9:00 p.m.	<b>Session #1: Recovery with Yoga: Principles and Practices for a Purposeful Life</b>
9:00-10:00 p.m.	Self-Reflection Time

## Day 2

7:30-8:30 a.m.	Breakfast at Kitchen Table
9:30-11:30 a.m.	<b>Session #2: Emotional Sobriety: Finding Freedom, Harmony, and Peace in Recovery</b>
12:00-1:00 p.m.	Lunch at Kitchen Table
3:30-5:30 p.m.	<b>Session #3: Somatic Sobriety: Healing the Mind and Body</b>
6:00-7:00 p.m.	Dinner at Kitchen Table
7:00-10:00 p.m.	Self-Reflection Time
7:30-8:30 p.m.	Signature Class: Providing Self Care

## Day 3

7:30-8:30 a.m.	Breakfast
9:30-11:30 p.m.	<b>Session #4: Experiential Embodiment &amp; Integration: Off the Mat and Into the World</b>
12:00-1:30 p.m.	Lunch at Kitchen Table & Guest Departures

**Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

## A NOTE TO POTENTIAL ATTENDEES

*If you've connected with my work—through my classes, courses, or book *Recovery with Yoga*—you know my healing journey was shaped by personal experience, spiritual practice, and a deep desire to serve. This retreat is a reflection of that path. It's an invitation to pause, breathe, and explore recovery through compassion, mindfulness, and movement. Whether you're just beginning or well along your journey, this program offers tools for emotional stability, spiritual growth, and transformation in the peaceful setting of the Santa Cruz redwoods.*

*I look forward to practicing with you and walking this path together.*



*Brian Hyman*