

2025  
RETREAT WITH THE MASTERS



Blue Ridge Mountains  
Boone, N.C. USA  
Oct 1-5



# **AWAKEN**

## **Retreat with The Masters**

Rebecca Dawson  
October 1 - 5 2025

### **WEDNESDAY OCT 1ST**

**4:00 pm** Check-in  
**6:00–7:00** Dinner  
**7:00–7:20** Mandatory AOLRC  
Orientation  
**7:30–8:30** Welcome & Meditation

### **THURSDAY OCT 2ND**

**7:30–9:30 am** Breakfast  
**10.00 am–12:00 pm** Session #1  
**12:00–1:30** Lunch  
**2:00–4:00** Session #2  
**4:00–7:30** Free time for campus  
exploration, healing arts treatments at  
Shankara Ayurveda Wellness, or  
relaxation.  
**6:00–7:30** Dinner  
**7:30–8:15** Meditation with The Masters

### **FRIDAY OCT 3RD**

**7:30–9:30 am** Breakfast  
**10.00 am–12:00 pm** Session #3  
**12:00–1:30** Lunch  
**2:00–4:00** Session #4  
**4:00–7:30** Free time for campus  
exploration, healing arts treatments at  
Shankara Ayurveda Wellness, or  
relaxation.  
**6:00–7:30** Dinner  
**7:30–8:30** Bonfire Experience

### **SATURDAY OCT 4TH**

**7:30–9:30 am** Breakfast  
**10.00 am–12:00 pm** Session #5  
**12:00–1:30** Lunch  
**2:00–4:00** Session #6  
**4:00–7:30** Free time for campus  
exploration, healing arts treatments at  
Shankara Ayurveda Wellness, or  
relaxation.  
**6:00–7:30** Dinner  
**7:30–8:15** Meditation with The Masters

### **SUNDAY OCT 5TH**

**7:30–9:30 am** Breakfast  
**10–12.00** Session #7  
**11:00** Check-out (Luggage may be  
stored at Reception.)  
**12:00 pm** Lunch is included in your stay  
today!



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### **MEAL TIMES**

Breakfast 7:30–9:30 am  
Lunch 12:00–1:30 pm  
Dinner 6:00–7:30 pm

Food is put away at the end times, but the Dining Hall remains open.

If a spa appointment is made during breakfast, lunch, or dinner times, guests may request a meal to be boxed for pickup by asking Spa Reception.

Please call Shankara Ayurveda Wellness in advance to book spa treatments during your free time if you are interested—828.264.8382.

### **SHANKARA AYURVEDA WELLNESS HOURS**

Wednesday 11:00 am–8:00 pm  
Thursday–Saturday 9:00 am–6:00 pm  
Sunday 8:00 am–2:00 pm