

FAQ's

Do students fly or drive to the retreat?

Some students arrange carpools to drive from Tampa to the Mountains. Most students fly to the Charlotte Airport and either share a rental car to drive to the Retreat Center or take the Hickory Hop Shuttle. See the Travel Info page for details.

Plan to arrive at the Retreat Center by 4 pm on Sunday, Oct 24, and depart early on Friday, Oct 29. There is no session on Friday.

Can I stay longer at the Retreat Center to enjoy more hiking or spa treatments?

Yes, you can choose to extend your hotel stay before or after the retreat.

How far in advance do I need to book my room?

October is a busy time in the mountains so it is recommended to book your room by July or August to reserve your spot.

Are the rooms private or shared accommodations?

Room choices range from a shared triple retreat room with single beds to a deluxe private hotel room. Rooms are only shared with students in our retreat and roommate requests can be submitted in advance.

What safety guidelines are in place at the retreat center?

The Art of Living Center has refurbished all public spaces to meet safety guidelines for Covid. The classroom and dining hall facilities are very spacious. The dining hall has outdoor seating with a beautiful view! As we get closer to the retreat date, information will be sent out on current safety requirements.

How many meals are included during the stay?

A healthy vegetarian menu of breakfast, lunch, and dinner is provided daily.

What type of clothes should I bring?

Yoga clothing with layers as the temperature will vary from early morning to midday/evening.
Comfortable shoes or boots and jeans for hiking
Raincoat and warm jacket
Change of clothes for evening kirtan

Do I need to have an advanced yoga practice to attend this retreat?

Yoga teachers of all levels of practice are welcome to attend.

What is the level of physical exertion in this experience?

Students will be walking daily outdoors from the residential buildings to the classroom to the dining hall. The retreat is on the top of a mountain; expect lots of walking up and downhill. The guided hike on the Blue Ridge is of moderate level and students are welcome to stop anywhere along the way.

Do I need to bring my own yoga props?

Typically the retreat center provides mats, blocks, bolsters, straps, and blankets. Current Covid guidelines regarding the use of props will be shared in October.

Will coffee and tea be provided for the students?

Yes!