



RIA NOLA – DAILY SCHEDULE – October 2-7, 2023 ***times are estimates/subject to change***

Monday, October 2nd:

Arrivals in the afternoon - Lodging (5 nights) @ Homewood Suites
5 pm: Welcome/Orientation/Community Agreements
Evening Free

Tuesday, October 3rd:

7:30 am: Yoga Practice
9:30 am: Breakfast @ Hotel
10:30 am: Nola Walking tour of French Quarter
Lunch Break (on own)
3:00 pm: Indigenous speaker @ Hotel
Evening Free

Wednesday, October 4th:

7:30 am: Yoga Practice
9:30 am: Breakfast @ Hotel
10:00 am: Black Heritage & Jazz Tour w/ All Bout Dat Tours (approx. 3 hrs)
1:00 pm: Lunch – Sweet Soul Vegan Soul Food (included)
4:00 pm: Group Processing Meeting @ Hotel
Evening Free

Thursday, October 5th:

7:30 am: Breakfast @ Hotel
8:30 am: Bus pick up @ Hotel – 1-hour drive to Whitney Plantation
10:00 am: Whitney Plantation Guided Tour
12:00 pm: Boxed lunch (eat @ Whitney)
3:00 pm: Studio BE Guided Tour
Evening Free

Friday, October 6th:

7:30 am: Yoga Practice
9:30 am: Breakfast @ Hotel
10:00 am: Tour and Ritual/Storytelling - TBD between 10am and 2pm
3:00 PM: Speaker @ hotel – Magick, Ritual and more...
Evening Free

Saturday, October 7th:

7:30 am: Closing/Practice
9:00 am: Breakfast @ Hotel
Departures/Checkout