



**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 French Quarter  
5 pm: Welcome/Orientation/Community Agreements – Welch Room @ Hotel  
Evening Free

**Tuesday, October 3rd:**

7:30 am: Yoga Practice – Welch Room  
9:30 am: Breakfast @ Hotel  
10:30 am: Nola Walking tour of French Quarter – “Ask Arthur.”  
Lunch Break (on own)  
3:00 pm: Indigenous speaker @ Hotel – Welch Room – **Dr. Jeffery Darensbourg**  
Evening Free

**Wednesday, October 4th:**

7:30 am: Yoga Practice – Welch Room  
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 - Welch Room  
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 from Hotel (eat @ Whitney)  
3:00 pm: **Studio BE Guided Tour**  
Evening Free

**Friday, October 6th:**

7:30 am: Yoga Practice – Welch Room  
9:30 am: Breakfast @ Hotel  
10:00 am: Tour and Ritual/Storytelling – **Sacred Libation w/ Sistah priestess Sula (All Bout Dat)** (approx. 2 hrs)  
3:00 PM: Speaker @ hotel – Magick, Ritual and more...with **Damien Echols** - Welch Room  
Evening Free

**Saturday, October 7th:**

7:30 am: Closing/Practice – Welch Room  
9:00 am: Breakfast @ Hotel  
Departures/Checkouts