

# PROGRAMS AT CANTERBURY

## Location:

Location: Canterbury Retreat Center: 1601 Alafaya Trail, Oviedo, FL 32765  
Contact: <https://canterburyretreat.org/contact-us/>

## When to Arrive and Depart:

Arrival: During registrations between 4:00 PM and 6:00 PM. the closing session will be  
Departure: The closing session will end by 12:00 PM on the final day.

If you are unable to arrive on-time please let us know (email [info@amrityoga.org](mailto:info@amrityoga.org)) and one of the Canterbury Staff will check you upon your arrival.

## Typical Student Schedule During Program:

### Opening Day

4:00 pm – 6:00 pm Registration  
6:00 pm – 6:45 pm Dinner  
6:45 pm – 8:30 pm Evening Session

### Full Program Days

6:30 am – 8:00 am Morning Yoga  
8:00 am – 8:45 am Breakfast  
10:00 am – 12:00 pm Morning Session  
12:00 pm – 12:45 pm Lunch  
2:00 pm – 5:30 pm Afternoon Session  
6:00 pm – 6:45 pm Dinner  
7:00 pm – 8:00 pm Evening Session

### Last Day

6:30 am – 8:00 am Morning Yoga  
8:00 am – 8:45 am Breakfast  
9:30 am – 11:30 pm Closing Session  
12:00 pm – 12:45 pm Lunch

*Schedule may change from program to program.*

## What To Bring:

- Laundry Detergent if you would like to wash clothes. There are two washers and dryers for guests to use at no charge.
- Yoga props such as (Mat, blanket, pillow/bolster, blocks, anything you need to both sit and lie comfortably on the floor). We will not be providing these so please bring your own. (For those traveling from abroad, we will have a small supply of items available for use upon request and at your own risk).
- Water Bottle
- Comfortable clothing appropriate for movement, relaxation and the season: Jacket, shawl, sweater, layers recommend
- Journal and writing utensil
- Umbrella and/or raincoat (especially in summer)
- Bug Spray
- Sunscreen
- Bathing Suit (for the lake, no swimming allowed but there are Canoes (first come first serve))
- Breathe Rite Strips for those who snore (if you are sharing a room)
- Earplugs for light sleepers
- Flashlight
- Alarm clock
- Slip-on shoes
- White clothing or other nice clothing for graduation (Mainly for programs with graduations or special occasions such as I AM Yoga®, I AM Yoga Nidra™, I AM Yoga Therapy™, etc).
- A credit card will be requested upon check-in at Canterbury front desk for incidentals (that you order during your stay) or damages to the room. If you feel inspired, gratuity for Canterbury employees is appreciated in any amount or percentage. This is not required and is only a suggestion.

### What Not to Bring:

- Perfume or heavily scented lotion to avoid irritating those with allergies.
- Incense, candles, or anything flammable
- Pets

- Please indicate dietary needs (on the registration form) including if you are vegetarian, etc. as Canterbury serves a variety of foods including meat, etc. No outside food is permitted unless agreed upon ahead of time for those with allergies that Canterbury cannot provide for. In those cases, Canterbury will provide a refrigerator and microwave for your use.

### Transportation:

The Amrit Yoga Institute does not provide transportation to and from Canterbury but it will be easy enough to get there using Uber, Lyft, etc. It is a 25 minute drive from MCO to Canterbury.

### Minimum and Maximum Class size:

Minimum Number to run the program: 10 Students

Maximum Number for proper social distancing; Depends on Room we rent, 20 to 35 students

Please note there will likely be other guests on site not related to this program.