

Itinerary, Pack List & Directions for RASA Smoky Mountain Retreat!

Friday

3-6PM Welcome guests!
5-6:30PM Yoga Practice
7PM Dinner

Saturday

7AM Kitchen opens
7:30-8AM Sun Salutations & Meditation
8-9:30AM Free
9:30-11AM Yoga Practice
11AM Brunch
11AM-4PM Free
4:30-6PM Yoga Practice
6:30PM Dinner
7:30PM Satsang/ Workshop



Sunday

7AM Kitchen opens
7:30-8AM Sun Salutations & Meditation
8-9:30AM Free
9:30-11AM Yoga Practice
11AM Brunch
11AM-4PM Free (suggested excursion: Benton Falls Hike)
4PM Farewell guests!

*Schedule is subject to change pending on participants' preferences, weather, etc.

Pack List *

<input type="checkbox"/> yoga clothes + layers	<input type="checkbox"/> yoga mat
<input type="checkbox"/> hiking clothes + layers	<input type="checkbox"/> bath & beach towel
<input type="checkbox"/> swim suit & cover up	<input type="checkbox"/> journal/ notebook & pen
<input type="checkbox"/> lounge wear	<input type="checkbox"/> flashlight
<input type="checkbox"/> rafting clothes (if adding to your trip)	<input type="checkbox"/> magazines/ books
<input type="checkbox"/> Jacket/ pullover for cool nights	<input type="checkbox"/> water bottle
<input type="checkbox"/> PJ's	<input type="checkbox"/> sunscreen
<input type="checkbox"/> hiking/ walking shoes	<input type="checkbox"/> sunglasses
<input type="checkbox"/> water shoes	<input type="checkbox"/> toiletries

*Bed linens will be provided as well as hand towels for the bathrooms.

Directions from Nashville/ Chattanooga

From Nashville take I-24E to Chattanooga. In Chattanooga take Exit 185B onto I-75N towards Knoxville. Continue on I-75N for approximately 20 miles. Exit 20 towards Cleveland and merge right at the end of the ramp. Follow US 74/ US 64 Byp/ Cleveland for approximately 6 miles. Exit/ Merge off to the right onto US 74/ US 64 towards Ocoee. Continue towards the mountains for approximately 10 miles. At the Dam Deli (on your left) take a right onto Cookson Creek Road. (If you pass over the Ocoee River you have gone too far) Follow Cookson Creek Road for approx 2 miles. As you enter the forest you will pass four roads on your left: #1 Sugarloaf Rd #2 YMCA Camp Ocoee #3 YMCA Wasson Lodge #4 gated unmarked road. After the unmarked road you will encounter a four-road intersection. Take a left onto Card Spur. Follow Card Spur down toward the water to end at Tall Timber. Total travel time: approx 3 hrs.