

# Montreat Road Scholars – schedule for 2022 (by date)

## **May 22 – 27**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **May 29 – June 3**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

Program #20141 - The Legacy of the Scots-Irish: Historical Migration to Cultural Inspiration

## **August 7 – 12**

Program #21023 - The Life and Works of C. S. Lewis: Inspiration, Belief and the Power of Language

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

## **August 14 - 19**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga **(201)**

## **August 28 – September 2**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **September 11 - 16**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **September 18 - 23**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **September 25 - 30**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga **(201)**

## **October 2 - 7**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

Program #20141 - The Legacy of the Scots-Irish: Historical Migration to Cultural Inspiration

## **October 16 - 21**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **October 23 - 28**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

## **November 6 – 11**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

Program #20141 - The Legacy of the Scots-Irish: Historical Migration to Cultural Inspiratio

## **November 27 – December 2**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga **(with a trip to the Biltmore Estate for candlelight evening and a trip to the Winter Lights at the NC Arboretum)**

## **December 4 - 9**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga **(with a trip to the Biltmore Estate for candlelight evening and a trip to the Winter Lights at the NC Arboretum)**