

# Montreat Road Scholars – schedule for 2023 (by date)

## **February 26 – March 3**

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

## **March 5 - 10**

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

## **March 19 - 24**

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

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

## **April 16 - 21**

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

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

## **April 30 – May 5**

Program #21934 – The Art of Working Clay by Hand

Program #22396 – Curtain Up! Broadway Musicals in the Land of the Sky

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

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

## **May 14 - 19**

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

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

## **May 21 - 26**

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

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

Program #22994 - The Beautiful and the Powerful of the Italian Renaissance

## **May 28 – June 2**

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

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

Program #23769 - Pickleball at Montreat (beginner)

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

## **August 6 - 11**

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 (Steve)

Program #23769 - Pickleball at Montreat (beginner)

## **August 13 - 18**

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

Program #21934 - The Art of Working Clay by Hand

Program #22396 - Curtain Up! Broadway Musicals in the Land of the Sky

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

Program #23769 – Pickleball at Montreat (level 3.5 up)

## **August 27 – September 1**

Program #21934 – The Art of Working Clay by Hand

**September 10 - 15**

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

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

**September 17 - 22**

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

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

Program #22396 - Curtain Up! Broadway Musicals in the Land of the Sky

**September 24 - 29**

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

Program #22387 - Agatha Christie, Classic Film Mysteries and Sherlock Holmes' Legacy

**October 1 - 6**

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

Program #23769 - Pickleball at Montreat (beginner)

**October 22 - 27**

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

Program #22396 - Curtain Up! Broadway Musicals in the Land of the Sky

Program #22994 - The Beautiful and the Powerful of the Italian Renaissance

Program #23769 - Pickleball at Montreat (level 3.5 up)

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

**October 29 - November 3**

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

Program #22387 - Agatha Christie, Classic Film Mysteries and Sherlock Holmes' Legacy

Program #23769 - Pickleball at Montreat (level 3.5 up)

**November 5 - 10**

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

Program #22387 - Agatha Christie, Classic Film Mysteries and Sherlock Holmes' Legacy

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

**November 26 - December 1**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga (with Christmas special)

**December 3 - 8**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga (with Christmas special)