

# Montreat Road Scholars – schedule for 2024 (by date)

## **February 25 – March 1**

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

## **March 3 - 8**

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

## **April 7 - 12**

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

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

## **April 14 - 19**

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

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

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

## **April 28 – May 3**

Program #21934 – The Art of Working Clay by Hand

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

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 #23769 - Pickleball at Montreat (beginner)

## **May 12 - 17**

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

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

## **May 19 - 24**

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 26 - 31**

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

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

## **August 4 - 9**

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

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

## **August 11 - 16**

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

## **August 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

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

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

Program #21934 - Art of Working Clay

**September 8 - 13**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville  
Program #20141 - The Legacy of the Scots Irish: Historical Migration to Cultural Inspiration  
Program #21934 - Art of Working Clay

**September 15 - 20**

Program #22396 - Curtain Up! Broadway Musicals in the Land of the Sky  
Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga

**September 22 – 27**

Program #21968 - A Gardener's Delight: The Private & Public Landscapes of Asheville  
Program #23769 - Pickleball at Montreat (beginner)  
Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

**September 29 – October 4**

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  
Program #22994 - The Beautiful and the Powerful of the Italian Renaissance  
Program #23769 - Pickleball at Montreat (level 3.5 and up)

**October 6 - 11**

Program #23769 - Pickleball at Montreat (beginner)

**October 20 - 25**

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga

**October 27 - November 1**

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

**November 3 - 8**

Program #24011 - Movement Meets Mindfulness: Intermediate 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 10 - 15**

Program #22381 - Yoga for Wellness and Daily Living: The 8 Limbs of Yoga  
Program #22387 - Agatha Christie, Classic Film Mysteries and Sherlock Holmes' Legacy

**December 1 - 6**

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

**December 8 - 13**

Program #24011 - Movement Meets Mindfulness: Intermediate Yoga (with Christmas special)