

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
		7-8am Warm Vinyasa Flow	7-8am Warm Vinyasa Flow	7-8am Warm Vinyasa Flow	7-8am Chakra Vinyasa Flow
Arrivals		8-815am Meditation Reduce Stress/Find Your Center	8-815am Meditation Focus and Listen	8-815am Meditation Let Go of Fear	8-815am Meditation Heal and Manifest Desires
830-10am Breakfast	830-10am Breakfast	830-10am Breakfast	830-10am Breakfast	830-10am Breakfast	830-10am Breakfast
	10-11am Ashtanga Vinyasa				11am Checkout/Shuttle
	11-1130am Intro Meditation				
12-2pm Lunch	12-2pm Lunch	12-2pm Lunch	12-2pm Lunch	12-2pm Lunch	
			*2-430pm Yoga Certification Fitness Instructors		
	4-6 Opening Ceremonies	430-6pm Core & Restore	430-6pm Arm Balancing	430-6 Back Bending	
6-8pm Dinner	6-8pm Dinner	6-8pm Dinner	6-8pm Dinner	6-8pm Dinner	
8-9pm Detox Vinyasa Flow	8-9pm Restorative Yin Yoga			8-9pm Chakra Clearing Meditation	

*430-6 workshop classes include time for warm up flow, workshop time, questions & discussion.

FOR ALL QUESTIONS:

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FOR BOOKING:

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