

## Daily Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
7:00 AM					
8:00 AM		Morning Pranayama (30 mins)	Morning Pranayama (30 mins)	Morning Pranayama (30 mins)	Morning Pranayama (30 mins)
8:30 AM		Morning Yoga Class (60 mins)	Morning Yoga Class (60 mins)	Morning Yoga Class (60 mins)	Morning Yoga Class (60 mins)
9:00 AM					
9:30 AM		Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM					
10:30 AM			Woman's Circle		
11:00 AM		Woman's Circle		Woman's Circle	
11:30 AM			"Taking charge of Nutrition" talk followed by superfoods cooking class		Checking out
12:00 PM	Arrival & CheckIn				
12:30 PM		Lunch		Lunch	
1:00 PM			Lunch		
1:30 PM					
2:00 PM			Art Therapy Workshop (60 mins)		Becoming whole again workshop
2:30 PM					
3:00 PM	Welcome Orientation with Stephanie & Jana		Vision Board workshop		
3:30 PM					
4:00 PM			Group Reformer Class (60 mins)		Group Reformer Class (60 mins)
4:30 PM			Group Fitness Class (60 mins)		
5:00 PM	Free Easy / Massage	Free Easy / Massage			
5:30 PM				Free Easy / Massage	Temple Monk Blessing
6:00 PM	Evening Yoga Class				
6:30 PM					
7:00 PM	Welcome Dinner	Wellness Cuisine Dinner	Wellness Cuisine Dinner	Farewell Dinner & Releasing Ceremony	
7:30 PM					
8:00 PM					