



Nourish Your Multi-Dimensional Body
@ Wiawaka Center for Women
Friday—Sunday, June 29—July 1

Weekend Flow

Friday

- 4 PM check-in
- 4:30 PM Gentle Prana Flow Yoga & Meditation
- 6 PM Dinner
- 7:30 PM Fireside Meet & Greet, Orientation

Saturday

- 7 AM - Meditation
- 8 AM - Breakfast
- 9:30 AM - Nourishing The Multi-Dimensional Body - Discussion & Yoga
- Noon - Lunch—Free Time
- 4:30 PM - Gentle Body Sensing Yoga and Yoga Nidra Meditation
- 6 PM - Dinner
- 7:30 PM Group Activity

Sunday

- 7 AM - Meditation and Gentle Yoga
- 8 AM - Breakfast
- 10 AM - Gather for closing / sharing
- 12 - Check-out

All scheduled activities optional.