

nov  
1-3,  
2024

relax. release. let it go.  
retreat schedule

|     |  |                 |
|-----|--|-----------------|
| fri | check in                                   | 4:00pm          |
|     | community yoga class**<br>auditorium       | 5:00pm-6:00pm   |
|     | prayers & meditation**<br>Sri Vidya Shrine | 6:00pm          |
|     | dinner                                     | 6:00pm-7:00pm   |
|     | welcome and lecture<br>seminar room        | 7:00pm-8:30pm   |
| sat | prayers & meditation**<br>Sri Vidya Shrine | 6:00am          |
|     | community yoga class**<br>auditorium       | 7:00am-8:00am   |
|     | breakfast                                  | 7:30am-8:30am   |
|     | practicum<br>seminar room                  | 10:00am-11:30am |
|     | lunch                                      | 12:30pm-1:30pm  |
|     | yoga class<br>seminar room                 | 5:00pm-6:00pm   |
|     | prayers & meditation**<br>Sri Vidya Shrine | 6:00pm          |
|     | dinner                                     | 6:00pm-7:00pm   |
|     | private tour & tasting event<br>Moka       | 7:30pm-8:30pm   |

\*\*indicates optional events  
for wellness services, contact PureRejuv directly



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|            |  |                 |
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| <b>sun</b> | prayers & meditation**<br>Sri Vidya Shrine | 6:00am          |
|            | community yoga class**<br>auditorium       | 7:00am-8:00am   |
|            | breakfast                                  | 7:30am-8:30am   |
|            | practicum<br>seminar room                  | 10:00am-11:30am |
|            | lunch                                      | 12:30pm-1:30pm  |

you are welcome to spend your time this weekend in any way that you wish. we recommend that you take this time to nourish yourself, both mind and body.

please adhere to campus guidelines to ensure the safety and well-being of yourself and others.

if you require assistance or have any questions, contact jamie or june.

enjoy your weekend and make the most of this valuable time for yourself.

