

Restoring Ojas Daily Schedule

With **Judy Moulton, RYT-500, AHC**

(Wellness Services will be at the PureRejuv Wellness Center)

Friday

4 pm	Check-in
5 - 6 pm	All-levels Yoga Class (optional; location on lobby board)
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Welcome and Lecture: "What is Ojas & What Depletes It?"

Saturday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am	Breakfast
9:30 am - 12:00 pm	60 minute massage OR
10:00 am - 11:30 am	Practicum: "Move, Breathe, & Relax: Tools for Restoring Ojas"
12:30 - 1:30 pm	Lunch
2:00 - 5:00 pm	60 minute massage OR
3:00 - 4:30 pm	Practicum: "Move, Breathe, & Relax: Tools for Restoring Ojas"
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Lecture: "Healthy Digestion to Support Ojas"

Sunday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am	Breakfast
10:00 - 11:30 am	Lecture & Practicum: "The Power of a Daily Routine"
12:30 - 1:30 pm	Lunch

Thanks for joining us!