

Our Spring Yoga Health Day Retreat

April 21, 2018

Agenda

7:00am Meditation
Location: Lotus Hall

7:30am Hatha Yoga Class
Location: Lotus Hall

8:30am Breakfast
Location: Store

9:00am
Healing Modalities
Location: Samadhi Room

Hand Reflexology with Premajyothi
Foot Reflexology with Karuna
Back Massage with Jagadish
10-15 minute sessions round robin

11am
Talk: "Out of your Mind Yoga"
by Garuda Buss, MA,
Swami Satchidananda's Volunteer Pilot
& Senior Yoga Instructor on all facets of Yoga)
Location: Samadhi Room

12:30pm Meditation
followed by Lunch

2:00pm
Interfaith Dialogue in these Challenging Times
with Garuda Buss
Location: Samadhi Room

3:30-4pm
Deep Relaxation & Meditation

\$108.00 donation

Integral Yoga Institute
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