

# ***3rd Annual Yoga Health Day Retreat***

***Save the date!***

***Saturday April 21, 2018***

## **Agenda**

7:00am Meditation  
***Location: Lotus Hall***

7:30am Hatha Yoga Class  
***Location: Lotus Hall***

8:30am Breakfast  
***Location: Store***

9:15am  
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 by TBA  
***Location: Samadhi Room***

12:30pm Lunch

1:45pm  
Talk by TBA  
***Location: Samadhi Room***

3:15pm  
Deep Relaxation & Meditation  
***Location: Lotus Hall***

4:00pm

**\$108, including meals and handouts!**