

A Yoga Health Day Retreat ***Saturday April 20, 2019***

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 Imani
10-15 minute sessions round robin

11am
Talk: Out of your Mind Yoga
Garuda Buss
Location: Samadhi Room

12:30pm Meditation
followed by Lunch

Talk: When Yoga can't be Yoga
Garuda Buss & Rev. Premajyothi Devi
Location: Samadhi Room

3:30pm
Deep Relaxation & Meditation
Location: Lotus Hall

4:00pm: Closing
Closing

Your Speaker & Health Care Practitioners for the day!



Garuda Buss



Premajyothi



Karuna



Imani

Be sure to Pre-Register by April 18! \$108.00
(Includes Meals and handouts)

www.iyinj.org, 201-796-7585