

2016 Ojah Yoga Spring Retreat Schedule

(subject to change)

FRIDAY

3:00 pm	Check-in
6:00 pm	Dinner
7:30 – 8:30 pm	Circle
9:00 pm	Restorative Yoga

SATURDAY

6:00 – 7:00 am	Meditation
7:00 am	Breakfast
8:00 am	Circle
9:30 – 11:00 am	Intermediate Yoga
11:15 am – 12:45 pm	Yoga Basics
1:00 pm – 3:00 pm	Lunch/Chill
2:00pm – 4:00pm	Vision Workshop with Richelle Donigan
4:15 – 5:15 pm	Tai Chi with Ari
6:00 pm	Dinner
	Evening Full Moon Ritual
	Restorative Yoga

SUNDAY

6–7:00 am	Meditation
7:00 am	Breakfast
9:00 – 11:00 am	Intermediate Yoga
11:15 am – 12:45 pm	Yoga Basics
1:00 pm – 3:00 pm	Lunch/Chill
3:00 pm – 4:15 pm	Sound Healing with gina Breedlove
4:30 pm – 5:30 pm	Tai Chi with Ari
6:00 pm	Dinner
8:00 pm	Performance and Party (DJ Mystefy)

MONDAY

7:00 am – 8:00 am	Meditation
8:00 am	Breakfast
9:00 am	Closing Circle
10:30 am – 12:00 pm	Intermediate Yoga
12:00 pm – 1:00 pm	Yoga Basics
1:00 pm	Lunch

AFTER LUNCH, PACK UP AND HEAD HOME