

THE YOGA WEEKEND SCHEDULE



FRIDAY SEPTEMBER 15th 2017

TIME	OFFERINGS	CREW MEMBER
4pm - 6pm	Arrival / Check Ins / Tours	
6:15pm - 7:45pm	Buffet Dinner in Dining Hall	
8pm - 9:30pm	Live DJ Flow and Restore	Sari + Tracey + Carmelinda
9:30pm	Chill by the Fire	

SATURDAY SEPTEMBER 16th 2017

TIME	OFFERINGS	CREW MEMBER
7:30am - 8:30am	Guided Practice + Meditation	Ruby Knafo
8:45am - 9:15am	Meditation for Clarity	Christine Russell
8:30am - 10am	Buffet Breakfast and Tuck Shop Open in Dining Hall	
10am - 12:45pm	Camp Activities Open	
10am - 10:30am	Mindful Meditation for Beginners	Ruby Knafo
10am - 11:00am	Essential Flow	Christine Russell
	Your Being on Sugar	Jodi Larry
10am - 11:15am	Yang to Yin	Naomi Zahler
	Ahimsa Yoga	JP Tamblyn
11am - 12:30pm	The Yoga Method	Kate Gillespie
11:30am - 12pm	Meditation for High Vibes	Christine Russell
11:30am - 12:30pm	SUP	Lisa Messina
	Yoga Fundamentals	Karen Gnat
1pm - 2pm	Lunch and Tuck Shop Open in Dining Hall	
2:30pm - 5:30pm	Camp Activities Open	
2:30pm - 3:30pm	Goddess Flow	Michelle Tablyn-Sabo
	Essential Oils Fireside Chat	Christine Russell
	Change Your Habits for Life	Jodi Larry
2:30pm - 4pm	Yoga Therapy	Tracey Soghrati

TIME	OFFERINGS	CREW MEMBER
4pm - 5pm	SUP	Jen Birenbaum
	Grateful Dead Flow	Karen Gnat
	Explore Your Personal Fitness Goals	Marlie Cohen
	Clean Cooking	Jordana Hart
4pm - 5:30pm	Roll Yourself to Freedom	Lisa Messina
	Mala Workshop (\$40)	Purple Lotus
5pm - 6pm	Snack at the Tuck Shop	
6:15pm - 7:30pm	The Yoga Weekend Live DJ Flow	JP + Kate + Carmelinda
7:45pm	Dinner and Tuck Shop Open in Dining Hall	
9:30pm	Camp Social	

SUNDAY SEPTEMBER 17th 2017

TIME	OFFERINGS	CREW MEMBER
7:30am - 8:30am	Morning Flow	Lisa Messina
8:45am - 9:15am	Meditation for an Open Heart	Ruby Knafo
8:30am - 10am	Buffet Breakfast and Tuck Shop Open in Dining Hall	
10am - 12:45pm	Camp Activities Open	
10am - 11am	Explore Your Personal Fitness Goals	Marlie Cohen
	Meal Planning	Karen Gnat
10am - 11:15am	Goddess Flow	Michelle Tamblyn-Sabo
	Prana Flow	Naomi Zahler
10am - 11:30am	Daring Greatly Workshop	Sandra Lax
	Mala Workshop (\$40)	Purple Lotus
11am - 12:30pm	Spacious Backbends	Kate Gillespie
11:30am - 12:30pm	SUP	Lisa Messina
	Clean Cooking	Jordana Hart
11:30am - 12:45pm	Prana Rising Flow	Carmelinda Dimanno
	Love + Vinyasa	Sari Nisker-Fox
1pm - 2pm	Lunch and Tuck Shop Open in Dining Hall	
2pm - 4pm	Savour a few more moments of camp - All activities open!	