

Awakening Agni Daily Schedule

with **Carrie Demers, MD and David Goddard, C-IAYT**

All services will be at PureRejuv Wellness Center (PRWC)

Friday

4 pm	Check-in
5 - 6 pm	All-levels Yoga Class (optional; location on lobby board)
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Welcome and Lecture: "The Power Within: A Hidden Spring"

Saturday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am	Breakfast
9:30 am - 12:00 pm	Massage at the Wellness Center OR
10:00 - 11:30 am	Practicum: "Building, Containing and Directing Fire"
12:30 - 1:30 pm	Lunch
2:00 - 4:30 pm	Massage at the Wellness Center OR
3:30 - 5:00 pm	Practicum: "Building, Containing and Directing Fire"
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Lecture: "Finding Clarity"

Sunday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	All-levels Yoga Class (optional; location on lobby board)
7 - 8 am	All Levels Yoga Class
7:30 - 8:30 am	Breakfast
9:30 - 11:00 am	Lecture: "Game On: Putting your Agni in Action"
12:30 - 1:30 pm	Lunch

Thanks for joining us!