

Sheet1

Saturday

4-8pm Arrivals
6-8pm Dinner
8-9pm Detox Vinyasa Flow

Sunday

7-8am Yoga Flow & Kundalini
8-9 Breakfast
10-11am Opening Circle
11-12pm Orientation
12-2pm Lunch

4-6pm Workshop
6-8pm Dinner
8-9pm Yoga Nidra

Monday

7-8am Yoga Flow & Kundalini
8-9 Breakfast
Spa Treatments & Excursions
12-2pm Lunch

4-6pm Workshop
6-8pm Dinner
8-9pm Yin Yoga

Tuesday

7-8am Yoga Flow & Kundalini
8-9 Breakfast
Spa Treatments & Excursions
12-2pm Lunch

4-6pm Workshop
6-8pm Dinner
8-9pm Yoga Nidra

Wednesday

7-8am Yoga Flow & Kundalini
8-9 Breakfast
Spa Treatments & Excursions
12-2pm Lunch

4-6pm Workshop
6-8pm Dinner
8-9pm Fire & Drum Ceremony

Thursday

7-9am Breakfast & Pack
6am-12pm Departures

For all programming questions:
crystalzinnyoga@gmail.com

For all accommodations and spa questions:
reservations@puravidaspa.com
678.248.6412