



FRIDAY

2-5 pm	Check-In
4-5 pm	Yoga
6 pm	Dinner
7 pm	Welcome
	Opening Circle

Go All the Way & Enjoy the Journey

Weekend Agenda

SATURDAY



	Silent Sunrise Meditation
	Wisdom of the Four Directions
7:00 am	
8 am	Yoga
9 am	Breakfast
10:30-12:30 pm	The Power of the Pre-sent
1 pm	Lunch
1:30 pm	Siesta
3-4pm	The Space Between Words
4:30-5:15 pm	Soul Joy: The Power of Now
6 pm	The Presence & Possibility Dinner
7 pm	The Channel Panel

SUNDAY

8 am	Yoga
9-9:45 am	Breakfast
10 am	Be Present With Your Power
11:30	Closing Circle
12:00 pm	Safe Travels Home

