

Finding Center Daily Schedule

with **Judy Moulton, RYT-500, AHC**

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 "Introduction to Ayurveda"

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
9:00 am - 12:30 pm	Shirodhara Massage or Health Consultations
12:30 - 1:30 pm	Lunch
2:00 - 5:30 pm	Shirodhara Massage or Health Consultations
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner

Sunday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7 - 8 am	All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Therapeutic Massage
12:30 - 1:30 pm	Lunch

Thank you for joining us this weekend!