

Movement as Medicine

with **Dr. Terri Oswald, MD**

All massage 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 | *Sri Vidya Shrine*
6 - 7 pm Dinner
7:00 - 8:30 pm **Welcome & Introduction: *Movement as Medicine***

Saturday

6 am Optional Prayers and Meditation | *Sri Vidya Shrine*
7 - 8 am All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am Breakfast
11:00 am - 12:30 pm **Movement as Medicine: Practicum**
OR
60 minute Massage at the PureRejuv Wellness Center
12:30 - 1:30 pm Lunch
4:00 - 5:30 pm **Movement as Medicine: Practicum**
OR
60 minute Massage at the PureRejuv Wellness Center
6 pm Optional Prayers and Meditation | *Sri Vidya Shrine*
6 - 7 pm Dinner
7:00 - 8:30 pm **Lecture: Movement as Medicine: *Flexibility and Mood***

Sunday

6 am Optional Prayers and Meditation | *Sri Vidya Shrine*
7 - 8 am All-levels Yoga Class (optional; location on lobby board)
7:30 - 8:30 am Breakfast
9:00 - 11:00 am **Lecture: Movement as Medicine: *Strength, Aerobic Activity & Your Take Home Plan***
12:30 - 1:30 pm Lunch

Thanks for joining us!