

Camp Yoga



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SOMA CURA WELLNESS CENTER
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Itinerary

Pick and choose what you would like to participate in. The icons correspond to the location on the map.
In order to participate in the starred (*) activities, you must have a meal pass.

Friday

-  3PM-6PM Arrivals - Check in and get settled in
-  5:00 PM Welcome Circle/Introductions
-  6:00 PM Dinner*
-  7:30PM All Level Yoga
-  9:00 PM Family Bonfire

Saturday

-  6:20 AM Sunrise Meditation
-  7:00 AM Coffee/Tea/Muffin/Fruit*
-  7:00 AM Morning Yoga
-  8:30 AM Breakfast*
-  10:00 AM DIY Essential Oil Spray
-  10:00 AM 15 Min Meditation
-  10:30 AM Walking Meditation
-  11:00 AM Pilates
-  12:00 PM Lunch*
-  1:00 PM Wine Tasting
-  1:30 PM Rock Painting
-  3:00 PM Yoga
-  4:00 PM Foot Workshop
-  5:00 PM Pool Yoga
-  6:30 PM Dinner*
-  7:30 PM Restorative Yoga
-  8:00 PM Sunset Meditation
-  9:00 PM Bonfire/Buddha Talk

Sunday

-  6:20 AM Sunrise Meditation
-  7:00 AM Coffee/Tea/Muffins/Fruit*
-  7:00 AM Yoga
-  8:30 AM Breakfast*
-  10:30 AM Closing Circle



Indicates where the massage tents are. Please meet your therapist here 5 minutes prior to your appointment.