

## *Friday, October 18th*

- 4:00pm** Check-In
- 5:00pm** Greetings & Dinner
- 7:00pm** Yin Yoga-Meltdown

## *Saturday, October 19th*

- 7:30am** Kundalini Yoga  
Breakfast
- 10:00am** Dynamic Meditation  
Lunch on your own, free time to enjoy Durango
- 3:30pm** Tantra Hatha Vinyasa  
Dinner
- 7:00pm** Yoga Nidra

## *Sunday, October 20th*

- 7:30am** Kundalini Yoga  
Breakfast
- 9:30am** Sound Healing
- 11:00am** Check-Out

