

Pain Solutions in a Whole New Light

with **Theresa Oswald, MD**

Thursday, June 21, 2018–Sunday, June 24, 2018

Thursday, June 21

4:00 p.m.	Check-in begins
5:00 p.m.	Restorative Yoga (optional)
6:00 - 7:00 p.m.	Dinner
7:30 - 9:00 p.m.	Introduction: Program Overview and The Science of Salutogenesis
9:30 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
10:00 p.m.	Silence observed until 7:30 a.m.

Friday, June 22

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:30 - 8:00 a.m.	Functional Restoration Yoga class
7:30 - 8:30 a.m.	Breakfast
10:00 a.m. - 12:30 p.m.	Pain Knowledge
12:30 - 1:30 p.m.	Lunch
1:30 - 3:00 p.m.	Free time—Great opportunity to enjoy Pure Rejuv Wellness Center
3:30 p.m. - 5:30 p.m.	Movement as Medicine
6:00 - 7:00 p.m.	Dinner
7:30 p.m. - 9:00 p.m.	Movement as Medicine (continued)
9:30 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
10:00 p.m.	Silence observed until 7:30 a.m.

Saturday, June 23

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:30 - 8:00 a.m.	Functional Restoration Yoga class
7:30 - 8:30 a.m.	Breakfast
10:00 a.m. - 12:30 p.m.	Mood Mastery
12:30 - 1:30 p.m.	Lunch
2:00 p.m. - 3:00 p.m.	Cacao Tea Tasting & Discussion (Moka Origins Tour)
3:30 p.m. - 5:30 p.m.	Kitchen Farmacy
6:00 - 7:00 p.m.	Dinner
7:30 p.m. - 9:00 p.m.	Rx: Relaxation Prescription
9:30 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
10:00 p.m.	Silence observed until 7:30 a.m.

**Please see the Hatha Yoga posted on bulletin boards for weekly schedule
The Sri Vidya Shrine is open from 3:00 a.m. – 12:00 p.m. & 3:00 p.m. – 12:00 a.m.*

Sunday, June 24

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:00 a.m.

Functional Restoration Yoga class

7:30 - 8:30 a.m.

Breakfast

10:00 a.m. - 12:30 p.m.

Connecting the Dots with Home Plan

12:30 - 1:30 p.m.

Lunch