

## Building Resilience Daily Schedule with **Bill Ryan, Ph.D.**

*(all therapeutic services are held at the PureRejuv Wellness Center)*

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### Wednesday

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
<b>7:15 - 8:45 pm</b>	<b>Welcome Lecture: "Understanding Stress and Building Resilience"</b>

### Thursday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
7:30 - 8:30 am	Breakfast
<b>9:00 am - 12:30 pm</b>	<b>Building Resilience Session or Massage</b> <i>(check personal schedule for appointment time)</i>
12:30 - 1:30 pm	Lunch
<b>2 :00 - 5:00 pm</b>	<b>Building Resilience Session or Massage</b> <i>(check personal schedule for appointment time)</i>
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

### Friday

6 am	Optional Prayers and Meditation   <i>Sri Vidya Shrine</i>
7:30- 8:30 am	Breakfast
<b>9:30 - 11:00 am</b>	<b>Practicum: "Practical Tools for Building Resilience and Vibrant Health"</b>
12:30 - 1:30 pm	Lunch

*Thanks for joining us!*