

Building Resilience Daily Schedule

with **David Goddard, LAPC, NCC, C-IAYT, AYS**

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

Day 1

4 pm	Check-In
5 - 6 pm	Community Yoga Class (optional) **
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:15 - 8:45 pm	Welcome Lecture: "Understanding Stress and Building Resilience"

Day 2

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

Day 3

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

**Community classes can vary; please check the lobby board for the current schedule

Thanks for joining us!