

Pure Rejuvenation Daily Schedule

Drs. Carrie Demers, MD & Terri Oswald, MD

(all services will be held at the PureRejuv Wellness Center)

Wednesday

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
7:00 - 8:30 pm	Orientation & Introduction

Thursday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 am	All Levels Yoga Class
8 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Massage/Shirodhara/Steam OR Health Consultations
12:30 - 1:30 pm	Lunch
2:00 - 5:30 pm	Massage/Shirodhara/Steam OR Health Consultations
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Lecture: "Introduction to Ayurveda"

Friday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 am	All Levels Yoga Class
8 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Massage/Shirodhara/Steam OR Free Time
12:30 - 1:30 pm	Lunch
2:00 - 5:30 pm	Massage/Shirodhara/Steam OR Free Time
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Lecture: "Breathe, Relax & Meditate"

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Saturday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 am	All Levels Yoga Class
8 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Massage/Shirodhara/Steam OR Free Time
12:30 - 1:30 pm	Lunch
2:00 - 5:30 pm	Massage/Shirodhara/Steam OR Free Time
6 pm	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6 - 7 pm	Dinner
7:00 - 8:30 pm	Lecture: "A Life of Balance"

Sunday

6 am	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 am	All Levels Yoga Class
8 - 8:30 am	Breakfast
9:00 am - 12:30 pm	Individual Wrap Up Sessions
12:30 - 1:30 pm	Lunch

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

Thank you!