

# Move, Heal & Thrive

with **Dr. Terri Oswald, MD**

*All massage services will be at PureRejuv Wellness Center (PRWC)*

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## Friday

4 pm Check-in  
5 - 6 pm Community Yoga Class (optional) \*\*  
6 pm Optional Prayers and Meditation | *Sri Vidya Shrine*  
6 - 7 pm Dinner  
**7:00 - 8:30 pm Welcome & Introduction: Move**

## Saturday

6 am Optional Prayers and Meditation | *Sri Vidya Shrine*  
7 - 8 am Community Yoga Class (optional) \*\*  
7:30 - 8:30 am Breakfast  
**11:00 am - 12:30 pm Move, Heal & Thrive: Practicum**  
OR  
**9:30 am - 12:30 pm 60 minute Massage at the PureRejuv Wellness Center**  
12:30 - 1:30 pm Lunch  
**4:00 - 5:30 pm Move, Heal & Thrive: Practicum**  
OR  
**2:00 - 5:00 pm 60 minute Massage at the PureRejuv Wellness Center**  
6 pm Optional Prayers and Meditation | *Sri Vidya Shrine*  
6 - 7 pm Dinner  
**7:00 - 8:30 pm Heal Lecture**

## Sunday

6 am Optional Prayers and Meditation | *Sri Vidya Shrine*  
7 - 8 am Community Yoga Class (optional) \*\*  
7:30 - 8:30 am Breakfast  
**9:00 - 11:00 am Thrive Lecture**  
12:30 - 1:30 pm Lunch

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

*Thanks for joining us!*