FRIDAY FEB 7	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	AUDITORIUM	OUTDOOR
8.30 a.m.					
9 a.m.					
9.30 a.m.					
10 a.m.					
10.30 a.m.					
ll a.m.					
11.30 a.m.	Camille Vidal Yin Yoga	Asia Spa Teacher			
12 p.m.					
12.30 p.m.					
1 p.m.					
1.30 р.т.					
2 p.m.	Hannah Barrett	Jamie Clememts CCB			
2.30 р.т.	Vinyasa				
3 p.m.					
3.30 р.т.					
4 p.m.	Michael James Wong Vinyasa	Michelle Baker Breathwork			
4.30 p.m.					Class Slow Pace
5 p.m.	Opening	Ceremony			Class Physical Energe Talk/Workshop
5.30 p.m.					Outdoor
6 p.m.	VARBE	ERG WINTER RETREAT SCHEDULE FEB	7-9 2025. WE RESERVE THE RIGHT T	O MAKE CHANGES.	Ceremony

SATURDAY FEB 8	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	AUDITORIUM	OUTDOOR
8.30 a.m.		Asia Spa Teacher			
9 а.т.	Hannah Barrett Vinyasa				
9.30 a.m.					
10 a.m.	N. 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Michelle Baker			
10.30 a.m.	Michael James Wong Vinyasa	Breathwork			
11 a.m.					Jamie Clements Cold Water
11.30 a.m.					
12 p.m.					
12.30 p.m.					
l p.m.	Camille Vidal	Hannah Barrett	Asia Spa Teacher		
1.30 p.m.	Yin Yoga	Vinyasa			
2 р.т.					
2.30 р.т.					
3 p.m.	Jamie Clememts	Mighael James Wong		Chef Talk	
3.30 p.m.	Consious Breathwork	Michael James Wong Vinyasa			
4 р.т.					
4.30 p.m.					Class Slow Pace Class Physical Energetic
5 p.m.	Michelle Baker	Asia Spa Teacher			Talk/Workshop
5.30 p.m.	Reiki		Camille Vidal Mindul Happy Hour Workshop		Outdoor
6 p.m.					Ceremony

SUNDAY FEB 9	YOGA ROOM 1	YOGA ROOM 2	YOGA ROOM 3	AUDITORIUM	OUTDOOR
8 a.m.					
8.30 a.m.	Michelle Baker Breathwork	Asia Spa Teacher			Jamie Clements Cold Water
9 a.m.					
9.30 a.m.					
10 a.m.	Camille Vidal Yin Yoga	Hannah Barrett Vinyasa			
10.30 a.m.					
ll a.m.					
11.30 a.m.	Michael James Wong				
12 p.m.	Restorative Yoga				
12.30 p.m.	Closing Ceremony				
l p.m.					
1.30 p.m.					
2 p.m.					
2.30 р.т.					
3 p.m.					
3.30 p.m.					
4 p.m.					Class Physical Energe
4.30 p.m.					Talk/Workshop
5 p.m.					Outdoor
5.30 p.m.	VARBI	ERG WINTER RETREAT SCHEDULE FEB	37-9 2025. WE RESERVE THE RIGHT	TO MAKE CHANGES.	Ceremony