

# Camp Yoga



SOMA CURA WELLNESS CENTER  
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(716) 773-1369 [WWW.SOMACURA.COM](http://WWW.SOMACURA.COM)








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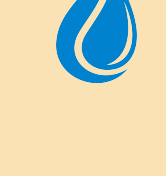



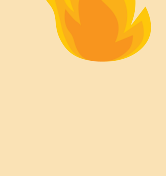
## Itinerary

Pick and choose what you would like to participate in. The icons correspond to the location on the map.  
In order to participate in the starred (\*) activities, you must have a meal pass.






### Friday

|                                                                                   |         |                                        |
|-----------------------------------------------------------------------------------|---------|----------------------------------------|
|  | 3PM-6PM | Arrivals - Check in and get settled in |
|  | 5:00 PM | Welcome Circle/Introductions           |
|  | 6:00 PM | Dinner*                                |
|  | 7:30PM  | All Level Yoga - Kathy Noakes          |
|  | 9:00 PM | Family Bonfire                         |

### Saturday

|                                                                                     |          |                                       |
|-------------------------------------------------------------------------------------|----------|---------------------------------------|
|    | 6:20 AM  | Sunrise Meditation - Eileen May       |
|   | 7:00 AM  | Coffee/Tea/Muffin/Fruit*              |
|  | 7:00 AM  | Morning Yoga - Jeanne Suski           |
|  | 8:30 AM  | Breakfast*                            |
|  | 10:00 AM | DIY Essential Oil Spray               |
|  | 10:00 AM | 15 Min Meditation - Jen Nebelecky     |
|  | 10:30 AM | Walking Meditation - Sue Zinter       |
|  | 11:00 AM | Wine Tasting (will carpool to winery) |
|  | 12:30 PM | Lunch*                                |
|  | 1:30 PM  | Rock Painting                         |
|  | 3:00 PM  | Yoga - Eileen May                     |
|  | 4:00 PM  | Foot Workshop - Sue Zinter            |
|  | 5:00 PM  | Pool Yoga                             |
|  | 6:30 PM  | Dinner*                               |
|  | 7:30 PM  | Restorative Yoga - Kim Fenton         |
|  | 8:00 PM  | Sunset Meditation - Merrie Hull       |
|  | 9:00 PM  | Bonfire/Buddha Talk                   |

### Sunday

|                                                                                     |          |                                 |
|-------------------------------------------------------------------------------------|----------|---------------------------------|
|  | 6:20 AM  | Sunrise Meditation - Kim Fenton |
|  | 7:00 AM  | Coffee/Tea/Muffins/Fruit*       |
|  | 7:00 AM  | Yoga - Vanessa Satterlee        |
|  | 8:30 AM  | Breakfast*                      |
|  | 10:30 AM | Closing Circle                  |



Indicates where the massage tents are. Please meet your therapist here 5 minutes prior to your appointment.