



FRIDAY, JULY 19TH

CRYSTAL MOUNTAIN, WA



	SUMMIT PLATFORM	ON-MOUNTAIN	MAIN TENT	CASCADE GRILL	CHINOOK CAFÉ	HERITAGE LEVEL	SUNDECK + LAWN	AMRITA LOUNGE	CHAPEL
12:00 PM					REGISTRATION		VENDOR VILLAGE		
1:00 PM		GUIDED HIKE*							
2:00 PM		5k FUN RUN							
3:00 PM									
4:00 PM									
5:00 PM			WELCOME CEREMONY	DINNER BUFFET					
6:00 PM									
7:00 PM									
8:00 PM	SUNSET YOGA*		YIN YOGA					LOUNGE + MOVIE @ 8:30	SOUND BATH*
9:00 PM									

* LIMITED CAPACITY



SATURDAY, JULY 20TH

CRYSTAL MOUNTAIN, WA



	SUMMIT PLATFORM	ON-MOUNTAIN	MAIN TENT	CASCADE GRILL	CHINOOK CAFÉ	HERITAGE LEVEL	SUNDECK + LAWN	AMRITA LOUNGE	CHAPEL
5:00 AM	SUNRISE YOGA*								
6:00 AM									
7:00 AM									
8:00 AM									
9:00 AM			WELCOME YOGA						
10:00 AM									
11:00 AM		GUIDED HIKE*	DEEP STRETCH		NUTRITION 101*	PAINTING*			INVERSION WORKSHOP*
12:00 PM							VENDOR VILLAGE		
1:00 PM				LUNCH BUFFET					
2:00 PM		GUIDED HIKE*	HATHA VINYASA		NUTRITION MACRO + MICRO*	PAINTING*			HANDSTAND WORKSHOP*
3:00 PM									
4:00 PM									
5:00 PM							LIVE MUSIC	LOUNGE	
6:00 PM			YIN YOGA						
7:00 PM									
8:00 PM	SUNSET YOGA*		YIN YOGA						SOUND BATH*
9:00 PM									

* LIMITED CAPACITY