

2024 SCHEDULE:

9 am: Registration Opens (2nd Floor Civic Centre Banquet Hall)

10-10:15 am opening Remarks/ Housekeeping/ Warm Up

10:15-11:00 am: Yogalitates (Yoga + Pilates)

11:00 am -12:00 pm noon: Burn Out & Stress Prevention (Guest Speaker)

12:00 pm noon -1 pm: Somatic Yoga

1:00 -1:30 pm: Break - move outside

1:30 - 2:30 pm: Vinyasa Flow (Suzette - True North Yoga)

3:30 - 4:30 pm: Hatha Yoga

3:30 - 4:30 pm: Injury Prevention (VC Athletic Therapy)

4:30 - 5:30 pm: Restorative Yoga (with the live music)

Dinner to follow

Many events take place outdoors, please dress accordingly - please bring your own lunch, water, and mat.

*Schedule and classes may be subject to change