



Reconnect with the Elements
with Tra Kirkpatrick and Stacey Shulman
Omni Resort Amelia Island
Thursday, May 10th through Sunday, May 13th, 2018

Preliminary Schedule*

Thursday, May 10th:

3-4:30pm: Arrival/Check-in
4:30-5:45pm: Welcome and Yoga with Tra
6:30-7:45pm: Dinner at Oceanside Grill
8-9pm: Restorative Yoga and Meditation with Stacey

Friday, May 11th:

8:15-9:30am: Morning Yoga with Tra
9:30-11am: Breakfast Buffet at Sunrise Café
4-6pm: Yoga Workshop with Stacey (Description TBA)
6:30-7:45pm: Dinner at Oceanside Grill
8-9pm: Restorative Yoga and Meditation with Tra

Saturday, May 12th:

8:15-9:30am: Morning Yoga with Stacey
9:30-11am: Breakfast Buffet
4-6pm: Yoga Workshop with Tra (Description TBA)
6:30-7:45pm: Dinner at Oceanside Grill
8-9pm: Restorative Yoga and Meditation with Stacey

Sunday, May 13th:

8:15-9:30am: Morning Yoga with Tra
9:30-11am: Breakfast Buffet at Sunrise Café
11am-noon: Yoga and Goodbyes with Stacey

*Notes:

- All activities listed on this schedule are available for you to enjoy at your leisure. Feel free to participate in all or just some of these events as you wish!
- A schedule with more information about the above activities, including yoga classes and workshops and breakfast and dinner menus, will be available in early 2018.