

Breathe Into the Fullness 2025! Yoga Camp for Adults

Date and Time	Activity	Location	Leader/Notes
THURSDAY	May 15, 20245		
12-3:00pm	<p>Early arrival for Campers-if you paid for the extra night</p> <p>Teachers/musicians invited for early arrival</p>	<p>Check the window in the Lodge for your room/cabin assignment.</p> <p>Show Angela your negative COVID test photo and give all forms</p>	<p>*provide your own meals until Friday dinner.</p> <p>-food options: bring a cooler, store in fridge in lodge, eat dinner at the Oaks Restaurant in Angelus Oaks (call ahead for hours)</p>
	<p>STAGE SET UP</p> <p>FREE DAY</p> <ul style="list-style-type: none"> -Hike -Get a massage -Relax in the hot tub -Hang in the lodge -Adult coloring books -Create a name tag -Have fun! -Possible sound bath 	LODGE	Angela Andiorio

FRIDAY	May 16, 2025		
7am-10pm	Hot Tub Open	Hot Tub	Bring a buddy
9am-on	Self-Led Hiking	Meet on Lodge Deck to form a group (if desired)	Self-Led/ Must sign out in lodge
	Self-organized		self-led
3-6pm	Check-In & Cabin Assignments	Coffee House	Camp Staff
4:30-5:45pm	Opening Class-All Levels Pranakriya Gentle Stretch	Lodge	Angela A.(music with Nick Young and Eddie Young)
6:00pm-6:15pm	Meal Set Up-Tables Up	Lodge	<i>All Cabins</i>
6:15-6:45	Social Hour/Meet and Greet Teachers/Musicians and Campers	Lodge	Everyone!
6:45-7:45	Dinner	Lodge	
7:30-8:00pm	Welcome & Introduction -safety, camp theme, flow map review	Lodge	Angela, Nathan and Janet
8:00pm-8:15pm	Tables Down	Lodge	<i>All Cabins</i>
8:30-9:15pm	Dance Party!! All Levels	Lodge	Jen Stillion
	Gathering with friends, talking, playing games, etc-anytime schedule is free	Lodge, Coffee House, Pavilion, Amphitheater	
10pm-7am	Quiet Time	Cabins & Paths	All

SATURDAY	May 17, 2025		
6:15-7:15 am	Morning Yoga & Breathwork (Active)	Coffee House	Betsy Marzhan-Ramos
7am-10pm	Hot tub open	Hot Tub	Bring a buddy
7:30am-7:45am	Meal Set Up-Tables Up	Tables for Meals	<i>Cabins 3 & 8</i>
7:45am-8:45am	Good Start Breakfast	Lodge	
8:45am-9:00am	Tables Down		<i>Cabins 3 & 8</i>
9:15am-10:45am	Signature Pranakriya Yoga Class (all levels)	Lodge	Betsy Marzhan-Ramos
11am-12:15pm	Yoga Class (inversions, backbends, balances) (Active)	Coffee House	Kathy Bolte
11am-12:15pm	Breathing Away Tension Through Partner Work	Lodge	Gail Lee Abrams
12:15	Tables Up		Cabin 6 & 7
12:30-1:30	Lunch		
1:30-1:45	Tables Down		Cabin 6 & 7
2:00-3:15pm	EFT tapping	Coffee House	Jen Stillion
3:30-4:30pm	Kirtan (music, chanting, dancing)	Lodge	Musicians
3:30-4:30pm	Meditative Postures class (Active)	Coffee House	Nathan Gabor
4:30-5:15	Social Time	Lodge Deck	
5:15-5:30	Tables Up		Craig's Cabin
5:30-6:30pm	Dinner		
	Tables Down		Craig's Cabin
6:45-8:00pm	Women's Wisdom Circle	Coffee House	Kathy Bolte
6:45-8:00pm	Yoga Philosophy: Yoga Nidra (Discussion)	Lodge	Nathan Gabor
8:00-9:00pm	Yoga Nidra accompanied by music	Lodge	Nick/Eddie/Nathan
	Gathering with friends, talking, playing games, etc-anytime schedule is free	Lodge, Coffee House, Pavilion, Amphitheater	
10pm-7am	Quiet Time	Cabins & Paths	

SUNDAY	May 18, 2025		
6:30-7:30am	Guided breathwork practice	Coffee House	Nathan/ Angela
7am-12:30pm	Hot Tub Open		
7:30am	Tables Up		All Cabins
7:45-8:45am	Good Start Breakfast	Lodge	
8:45-9:00am	Tables Down	Lodge	All Cabins
9:00 am	Yoga Camp Group Photo	Gather in Lodge	Everyone!
9:15-10:15 am	Yoga Dance! (Active)	Coffee House	Debbie
9:15-10:15am	Sound Bath	Pavilion or Lodge	Grasshopper
10:30 -11:45am	Closing Integration Class (All levels)	Lodge	Betsy
12-12:15pm	Meal Set Up	Lodge	Cabins 1 & 5
12:15-1:15pm	Lunch & Closing	Lodge	Angela & Nathan
1:15-1:30pm	Tables Down	Lodge	Cabins 1 & 5
3:00 pm	Clean Up & Check Out	All Cabins and Meeting Spaces	

Have a safe trip home, thank you so much for coming and see you next year!

Note on Tipping:

Camp staff work hard to prepare all of our meals and take good care of us!

Please plan to tip them with cash or check
(box in the Main Lodge near coffee station)

Massage therapists kindly donate 20% of their pre-tip income back to camp. The massage therapist rates will be announced soon, but are an additional out of pocket cost not included in our program registration fees.