



Movement & Mindfulness with Ilanit & Nimrod | 2023 Schedule

	Sept 27	Sept 28	Sept 29	Sept 30	Oct 1	Oct 2
09:00 – 09:30		Opening Circle & Meditation	Meditation	Meditation	Meditation	Meditation
09:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
10:30-14:00		Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions
14:00		Lunch	Lunch	Lunch	Lunch	Lunch
	17:00 Orientation tour & registration					
18:00-20:00	Open Intro Session	Afternoon Session		Afternoon Session		Closing Session