

Turtle Bay Earth Angel Training Course Schedule

Sunday March 6

9:00 opening ceremony
9:30 cellular yoga
10:45 breaking down the physical body/meditation
1:00 lunch break
2:00 releasing the resistance sounding
4:00 healing bones
5:00 dinner break

Monday January 7

9:00 cellular yoga
10:15 integrity of the organs/ meditation
11:30 energetic alignment / healing
1:00 lunch break
2:00 outdoor meditation/ physical alignment
4:00 Liver processing
5:00 dinner break

Tuesday January 8

9:00 cellular yoga
10:15 sounding through the physical body
11:30 moving meditation
1:00 lunch break
2:00 healing the brain
4:00 meditation
5:00 dinner break

Wednesday January 9

9:00 cellular yoga
10:15 karma and the physical body
11:30 meditation
12:30 closing ceremony
1:00 depart

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