



# RITUALS

schedule



→  
from July 28th till August 3rd



# SUNDAY 28TH TILL SATURDAY 3RD

## SUNDAY 28TH

2:00 PM:  
Relaxing Yoga  
flow with  
Radwa

## MONDAY 29TH

2:00 PM: Mirror painting  
4:00 PM: Canvas painting  
7:00 PM: Sunset yoga with  
Radwa

## TUESDAY 30TH

2:00 PM: Relaxing Yoga  
flow with Radwa  
4:00 PM: Canvas  
painting  
8:00 PM: Meditaion  
with Nadine

## WEDNESDAY 31ST

OFF

## THURSDAY 1ST

2:00 PM: Full body  
flexibility with Deena  
2:00 PM: Pottery  
Painting  
4:00 PM: Canvas  
painting

## FRIDAY 2ND

1:00 PM: Ice Attack  
2:00 PM: Full body  
flexibility With Deena  
2:00 PM: Pottery  
Painting  
4:00 PM: Canvas  
painting

## SATURDAY 3RD

1:00 PM: Full body  
flexibility with Deena  
2:00: Aerial Hoop with  
Deena  
2:00 PM: Tote bag painting  
4:00 PM: Canvas painting