



RITUALS

schedule

→
from 21st till 27th of July

SUNDAY 21ST TILL SATURDAY 27TH

SUNDAY 21ST

2:00 PM: Revitalizing yoga flow Nouran
2:00 PM: Tote bag painting
4:00 PM: Canvas painting
7:00 PM: Sunset yoga with Tatiana
8:00 PM: Full Moon Meditation with May

MONDAY 22ND

10:00 AM: Sound Healing with Cherine
11:00 AM: Rise & Flow with Alia Riyad
2:00 PM: Mirror painting with Habiba
4:00 PM: Canvas painting
7:00 PM: Sunset Reset yoga flow w/Nouran Salah

TUESDAY 23RD

11:00 AM: Morning Vinyasa Yoga with Habiba Amr
4:00 PM: Canvas painting
7:00 PM: Sunset dance yoga flow with Nouran Salah

WEDNESDAY 24TH

11:00 AM: Morning Yoga with Alia Riyad

THURSDAY 25TH

11:00 AM: Morning yoga with Habiba Amr
2:00 PM: Pottery Painting
2:30 PM: Hug t-shirt painting
3:00 PM: Aerial Hoop with Deena Samir

FRIDAY 26TH

11:00 am: Morning Yoga with Tatiana
3:00 PM: Tote bag painting
2:00 PM: Aerial Hoop with Deena Samir

SATURDAY 27TH

11:00 AM: Morning Yoga with Alia Riyad
2:00 PM: Aerial Hoop with Deena Samir
2:00 PM: Pottery Painting
2:30 PM: Hug t-shirt painting
3:00 PM: Ice attack with Dakkak
3:00 PM: Poi with Tareq