

SATURDAY

April 27, 2024

TAHOLISTIC WELLNESS EXPERIENCE SCHEDULE

7:30 AM – 8:30 AM

Event Check-In

7:30 AM – 8:30 AM

Morning Vinyasa Yoga

Join us for a rejuvenating yoga session designed to cater to practitioners of all skill levels, including beginners. Immerse yourself in a soulful renewal amidst the serene backdrop of Lake Tahoe.

7:30 AM – 8:30 AM

Qigong with Emily Weer

Experience the harmonizing power of Qigong with our skilled instructor, Emily Weer. This session will guide you through the ancient Chinese practice that combines gentle movements, deep breathing, and meditation to enhance your well-being and inner peace.

8:30 AM – 10:30 AM

Morning Refresh

Elevate your morning with our curated elixirs. Enjoy our fresh and healthy selection of beverages and light snacks.

9:00 AM – 10:00 AM

Opening Ceremony Being Yin in the Yang Modern World with Melinda Choy

Activist, environmentalist, and local business owner of Elevate Wellness Center, Melinda Choy welcomes us to the weekend with a conversation on eight insights and routines into healthy living.

