



Inner Dimension Community Yoga & Wellness Summit

August 30 - September 2, 2024

Program Schedule. *Subject to change.*

Friday 4:00 pm: Check-in begins; Rooms are ready by 4:00 pm, but if you arrive early, we'll gladly hold your luggage at Reception.
6:00 – 7:00 pm: Dinner
7:00 – 7:20 pm: Guest Orientation Session
7:30 – 9:00pm: Opening Masterclass, Keynote and Welcome with Travis & Lauren

Saturday 7:30 – 9:00 am: Breakfast
9:00 - 11:30 am: Power Yoga & Meditation with Travis
12:00- 1:30 pm: Lunch
2:00 - 3:30pm: Breakout Sessions: Option 1 (Functional Fitness with Mychal) or Option 2 (Pose Workshop with Brent)
4pm - 5:30pm: Restorative & Yoga Nidra with Lauren & Brittany
6:00 – 7:15 pm: Dinner
7:30pm - 9pm: IDM TV Instructors “Ask Me Anything” Fireside Chat

Sunday 6:30 – 7:30: Sunrise 108 Sun Salutations
7:30 – 9:00 am: Breakfast
10:00 - 11:30 am: “Slow Flow” Yoga & Meditation with Lauren
12:00- 1:30 pm: Lunch
2:00 - 3:30 pm: Breakout Sessions: Option 1 (Meridians 101 with Brittany) or Option 2 (Ashtanga 101 with Brent)
4pm - 5:30 pm: Yin Yoga with Travis
6:00 – 7:15 pm: Dinner
7:30pm – 9:00 pm: Community Panel & Fireside Chat
9:00 – 10:00 pm: Optional Bonfire Celebration

Monday 7:30 – 9:00 am: Breakfast
9:30 – 11:30 am: Final Practice & Takeaways with Travis & Lauren