

# Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check In	<div>10am-11am Yoga</div> <div>11:30am-12:30pm Mindfulness &amp; Meditation</div> <div>3pm-5pm Relaxation Techniques &amp; Guided Relaxation</div>	<div>10am-11am Yoga</div> <div>11:30am-12:30pm Breath Work for Stress Management</div> <div>3pm-5pm Find your Mantra &amp; Yoga Nidra</div>	<div>10am-11am Yoga</div> <div>11:30am-12:30pm Breath Work &amp; Meditation</div> <div>3pm-5pm Yoga &amp; Guided Relaxation</div>	Check Out