

WELLNESS AT PICKATHON

FRIDAY SATURDAY SUNDAY

YOGA

	LUCKY BARN	GALAXY ARTYARD	LUCKY BARN	GALAXY ARTYARD	LUCKY BARN	GALAXY ARTYARD
7:00 7:30	7:00-8:00am Yoga with Heather Shaw		7:00-8:00am Yoga with Heather Shaw		7:00-8:00am Yoga with Heather Shaw	
8:30 9:00	8:15- 9:15am Yoga with Suniti Dernovsek	8:15- 9:15am Yoga with Kendall Hassemer	8:15- 9:15am Yoga with Jessica Baker	8:15- 9:15am Yoga with Bonnie Weeks	8:15- 9:15am Yoga with Suniti Dernovsek	8:15- 9:15am Yoga with Pamela Sery
9:30 10:00	9:30-10:30am Yoga with Jessica Baker	9:30-10:30am Yoga with Pamela Sery	9:30-10:30am Music and movement with Karen Pride	9:30-10:30am Yoga with Kendall Hassemer	9:30-10:30am Yoga, oils and assists with Nikki Weaver and Kendall Hassemer	9:30-10:30am Yoga with Bonnie Weeks
10:30						

THE REFUGE

SHOWERS & MASSAGE AVAILABLE ALL WEEKEND!

9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:00 5:00	10:00am-5:00pm Family Feeding Nest hosted by Bridgetown Baby	10:00am-5:00pm Family Feeding Nest hosted by Bridgetown Baby	9:00-11:00am Kirtan Experience: Kathryn Green	10:00- Walking Meditation: Heather Shaw	10:00am-5:00pm Family Feeding Nest hosted by Bridgetown Baby	9:00-11:00am Kirtan Experience: Kathryn Green	10:00- Walking Meditation: Heather Shaw
			12:00-2:00pm Singer/Songwriter Sing-A- Long: Alia Farah, plus five surprise musicians.			12:00-2:00pm Singer/Songwriter Sing-A- Long: Alia Farah, plus five surprise musicians.	
			3:00-4:30pm Yoga Flow and Music Experience: Carson Efrid and Joe Westerlund			3:00-4:30pm Yoga Flow and Music Experience: Carson Efrid and Joe Westerlund	

FOOT RUBS BY KNOT SPRINGS

Friday - Sunday 10am-10pm In the Mt. Hood Stage vending area, reservations and walk-in available. includes a custom salt scrub, warm soak, foot massage, signature balm.

FUN RUN

Saturday 7:00am Fun Run loop & exploration! Meet at the First Aid Station (3-6miles)