



Pose 4 A Purpose *Virtually*

September 12-13, 2020

\$25 Per Day

Each
registration
of \$25 will be
matched up to
\$5,000!

Join Cancer CAREpoint and a group of talented instructors for a virtual weekend of movement and meditation at Pose 4 A Purpose to raise funds to provide services for those impacted by cancer. \$25/day with seven different offerings each day.

Time	September 12	September 13
8:00 AM	Walk With Me with Lorien Nearingard	Morning Qigong & Meditation with Lindsey Kolb
9:00 AM	Chair Yoga with Linda Toeniskoetter	Yin/Yang with Oko Kanno
10:00 AM	Move & Massage with Alyssa Prettyman	Smooth & Mellow with Marcela Christjansen
11:00 AM	Taiji Moves with Ana Enz	Laughter With Me with Lorien Nearingard
12:00 PM	Lunch break & Chat with Cancer CAREpoint	Lunch break & Chat with Cancer CAREpoint
1:00 PM	Yoga & Guided Meditation with Amy Wang	Creative Seated (Chair) Movements with Rozalynn Adams
2:30 PM		Yoga & Meditation in Bev's Garden with Beverly Bachoo
2:45 PM	Somatic Movement Inspired by Satya for the Hips & Pelvis with Joanne Varni	
4:00 PM	Yin for Self-Care with Bridget Puchalsky	The Bliss Practice: Yin, Marma, Massage with Courtney Krishnamurthy

