



Find Your QUIET PLACE



SOUTH BAY ROUNDUP MEDITATION ROOM

SEPTEMBER 4-6 • PROMENADE ROOM

Take a break from the excitement of the weekend. Whether you're looking for silence, guided meditation, breathwork, movement, or sound healing, everyone is welcome. **Come for a session or simply stop by to recharge.**

FRIDAY • SEPTEMBER 4

TIME	SESSION
4:00 – 5:00 PM	 Open Meditation (Silent)
5:00 – 6:00 PM	 Sound Healing Soundbath (Guided)
6:00 – 7:00 PM	 Open Meditation (Silent)

SATURDAY • SEPTEMBER 5

TIME	SESSION
7:00 – 9:00 AM	 Open Meditation (Silent)
9:00 – 10:00 AM	 Acceptance (Guided)
10:00 – 11:30 AM	 Stillness in Motion Workshop: Somatic movement, breathwork, meditation (Guided)
11:30 AM – 1:00 PM	 Sound Healing Soundbath (Guided)
1:00 – 2:00 PM	 The Dream Lab Meditation (Guided)
2:00 – 4:00 PM	 Open Meditation (Silent)
4:00 – 5:00 PM	 Mindfulness/Loving Kindness Meditation (Guided)
5:00 – 9:00 PM	 Open Meditation (Silent)

SUNDAY • SEPTEMBER 6

TIME	SESSION
7:00 – 8:00 AM	 Grounding Meditation (Guided)
8:00 – 10:00 AM	 Open Meditation (Silent)
10:00 – 11:00 AM	 Breathe.Release.Awaken. Breathwork Meditation (Guided)
11:00 AM – 1:00 PM	 Open Meditation (Silent)
1:00 – 2:00 PM	 Self Compassion Meditation (Guided)
2:00 – 3:00 PM	 Guided Meditation (Guided)
3:00 – 5:00 PM	 Open Meditation (Guided)
5:00 – 7:00 PM	 Soundbath/ Meditation (Guided)
7:00 – 8:00 PM	 Body Scan Meditation (Guided)
8:00 – 9:00 PM	 Overcoming Fear (Guided)

Need a Moment?

The Meditation Room is available throughout the weekend as a quiet space to pause, breathe, and reconnect.

-  SILENT / OPEN MEDITATION
-  GUIDED MEDITATION
-  BREATHWORK / MOVEMENT
-  SOUND HEALING
-  WORKSHOP / MOVEMENT

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All are welcome.

NO MEDITATION EXPERIENCE NECESSARY.
FEEL FREE TO ARRIVE A FEW MINUTES EARLY
AND WEAR COMFORTABLE CLOTHING.

♡ TAKE A BREAK. BREATHE. REFLECT. RETURN RENEWED. ♡