

Namaski Daily Plans
Park City, Utah
March 24 - 27, 2022

Friday and Saturday, March 25 and 26

8:30-9:30 am

Let's begin each day with some connection with our bodies and mindset.
Yoga with body language, self-esteem and positive self-talk.

9:30-10:00 am

Gear up for on snow activities

10:00 am -3:00 pm

On SNOW- We will have a lunch break! (Each person will provide their own lunch; Included for VIP members) Rests as needed. Lots of self-esteem, personal empowerment, and how our body language affects our skiing and riding, even how we walk into lunch, the bathroom, and head back out to the snow.

3:00-4:00 pm

Après ski - snacks and libations provided

4:00-6:00 pm

Scandinavian Style Spa Experience- hot tub, cold plunge, yoga, hot tub, cold plunge, meditation

7:00-9:00 pm

Dinner at a local restaurant with all who want to join (each person to pay for own dinner: Dinner included for VIP members)

Sunday March 27

8:30-9:30

Let's begin with some connection with our bodies and mindset.
Yoga with body language, self-esteem and positive self-talk.

9:30-10:00

Gear up for on snow activities

10:00-12:00

On SNOW- We will have a closure activity from 12-1 for those who need to travel. This will be about bringing with you all the amazing and valuable life skills you've gained through Namaski. Those who want to be on snow after this, can join us till 4.
