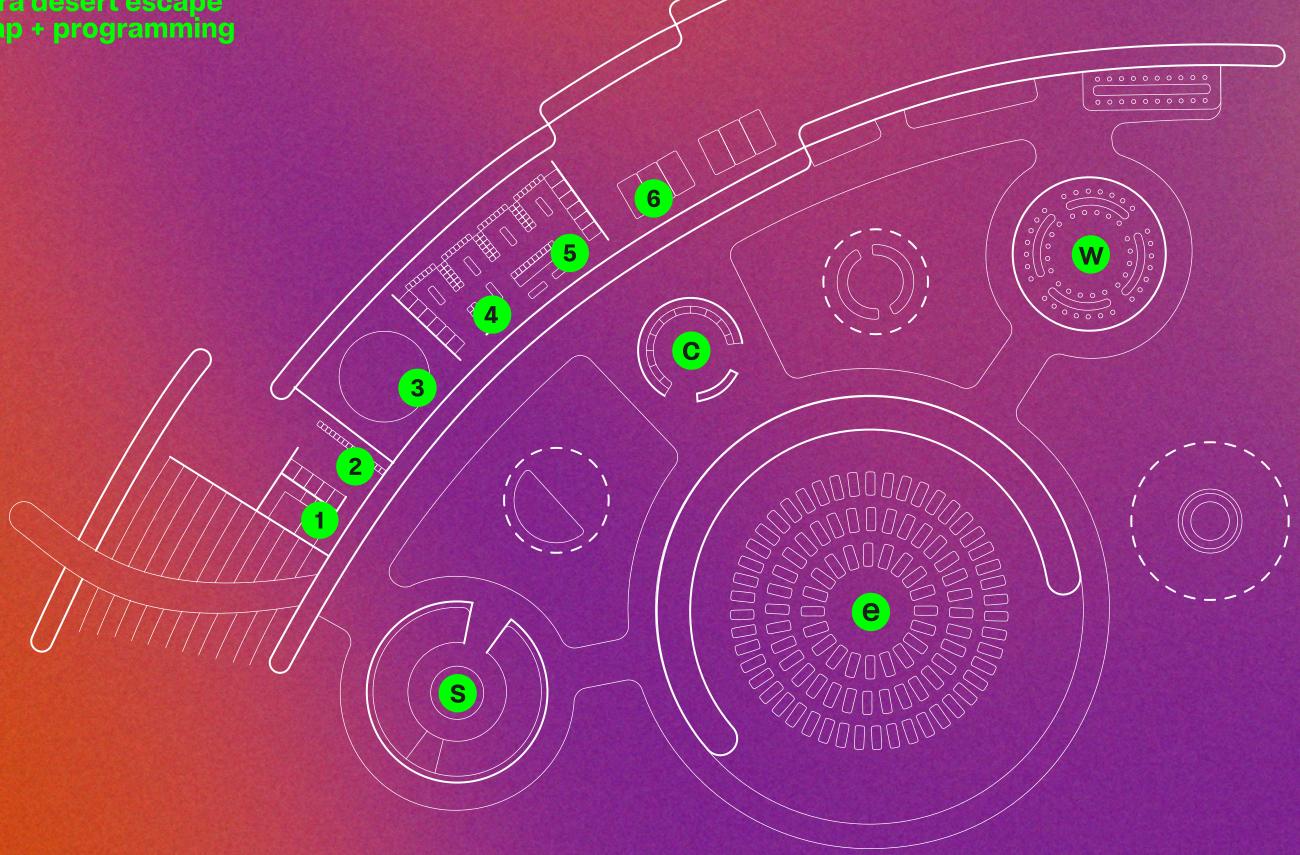
NIKE WELL FESTIVAL SQ.

27-28.04.2024 nara desert escape map + programming



- s sanctuary
- w the wadi
- energy circle
- c conversation pit
- 1 accessible locker room 4 women's locker room and toilet
- 2 men's locker room and toilet
- 3 prayer tent

- 5 trial station
- 6 women's toilet

27.04.2024 programming

5pm yoga nitai krishna (e)

sound healing ® mobility: find your spine ©

connecting through movement ©

our signature workout

7.30pm clay building w beginner's guide to being mindful ©

8.30pm yoga nidra (s) animal flow salma ismail (e) listen to your body ©

8.45pm clay building w

9.30pm breath ® dance gbemi giwa (e)

breath ® movement & personal growth ©

our signature workout

7.30pm sound healing (§ clay building w rest, recovery, thrive ©

8.30pm hiit jade palmer & talayeh vaziri (e) meditation ® mobility: find your spine ©

8.45pm clay building w

9.30pm breath ® yoga nitai krishna (e)

