



## THURSDAY SCHEDULE

- 6PM - Registration Opens
- 7PM - Dinner (Pizza)
- 8:30-LATE - Brazilian Zouk Party



## FRIDAY SCHEDULE

- |             |   |  |
|-------------|---|--|
| 8AM         | - | Breakfast  |
| 10-11AM     | - | Flow Yoga with Kelly   |
| 11-MIDDAY   | - | Jessica<br>(grooving it out)   |
| 1PM-2PM     | - | Lunch Party  |
| 2-3PM       | - | Nathalia<br>(sensuality - how to have more pleasure when you're dancing) |
| 3-4PM       | - | Jeff & Sara<br>(flowy turn patterns)                                     |
| 5-5:30PM    | - | Breathwork with Tim  |
| 5:30-6:30PM | - | Maeve<br>(connection)  |
| 7PM         | - | Dinner (Thai)  |
| 8:30-LATE   | - | Brazilian Zouk Party   |



## SATURDAY SCHEDULE

- 8AM – Breakfast
- 10-MIDDAY – Jack & Lauren  
(entry & exit points of circular head movements)
- 1PM-2PM – Lunch Party
- 2-3PM – Jessica & Jeff  
(zouky spins and turns technique)
- 3-4PM – Nathalia & Kosta
- 5-6PM – Yin Yoga with Kelly
- 7PM – Dinner (Pasta Night)
- 8:30-LATE – Brazilian Zouk Party



## SUNDAY SCHEDULE

- 8AM – Breakfast
- 10-1PM – Zouk Station Brunch  
(Roses Café – New location 59 Verner street)
- 2PM-LATE – Brazilian Zouk Marathon
- 7PM – Dinner (Mexican)



## MONDAY SCHEDULE

- 8AM – Breakfast
  
- 9:30-10AM – Breathwork with Tim
- 10-MIDDAY – Heidi & Sunny
  
- 1PM-2PM – Lunch Party
  
- 2-3PM – Maeve  
(finding your dance character)
- 3-4PM – Jeff & Sara  
(head movement variation)
  
- 7PM – Dinner @ Hibernian Hotel  
(145 Auburn Street)
- 9:30-LATE – Brazilian Zouk Party



## TUESDAY SCHEDULE

8AM - Breakfast

MIDDAY - Checkout